



HGD
HERITAGE * GROUP
DISTRIBUTION

FALL 2022



HGD | Heritage Group Distribution stands in solidarity with authors, distributors, and publishers in peril all around the world and, especially at this moment, with our colleagues suffering under the current Russian invasion of Ukraine. Everyone at HGD, including our member publishers, are following developments and discussing how we can be of assistance to those being displaced by the atrocities of war, the effects of the pandemic, ongoing systemic racism, and the haunting reality of Canada's treatment of Indigenous people across the country.

When life is good, books add joy and entertainment to one's life. During times of conflict, despair, and suffering they become powerful tools that can foster hope, encourage reconciliation, and show meaningful ways to peaceful resolution.

HGD | Heritage Group Distribution will be donating to the UNHCR – United Nations Refugee Agency (give.unhcr.ca) to help ensure that people who are being forced to flee their homes due to the ravages of conflict, famine, natural disaster, and war are sheltered and safe.

We encourage everyone within the book industry to find ways to help those in need, whether at home or abroad, and to work together to help make this world a better place.



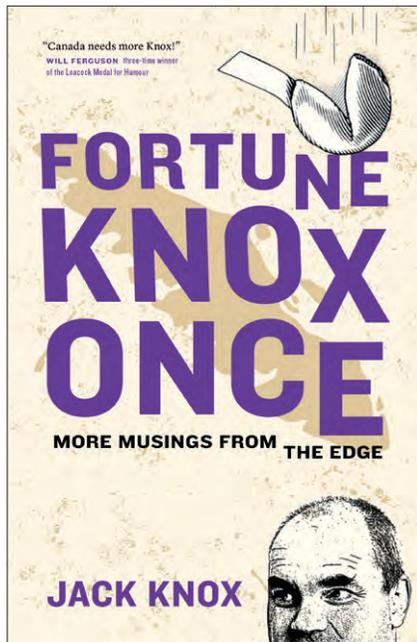
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Local Interest (BC) / Humour
 September 2022 • \$22.95
 9781772034172 • softcover
 5.5" x 8.5", 224 pages, b&w illustrations
 Author's home: Victoria, BC
 Heritage House Publishing
 RIGHTS HELD: World, all languages
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 Ebook also available

MARKETING & PROMO:

- Regional and subject-specific print features, excerpts, review coverage, broadcast and television interviews
- Social media campaigns, blogger outreach, digital collateral for online use
- Publicity and promotion in conjunction with author's speaking engagements
- Outreach to subject-specific organizations, markets and festivals
- Regional author tour
- Electronic ARCs
- Electronic blads

Fortune Knox Once

More Musings from the Edge

Jack Knox

Victoria's favourite humourist returns with a hilarious collection of observations on Island living.

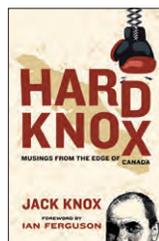
For more than twenty-five years, Jack Knox's weekly humour column has captured the essence of life in BC's picturesque capital city, a.k.a. Dysfunction-by-the-Sea. In *Fortune Knox Once*, as in his previous humour collections, Knox gathers together his favourite *Time Colonist* pieces that best sum up the absurdity of our times.

The subject matter is all over the map: the lost art of handwriting, the sexiness of the Canadian accent, phone addiction, the Rogue Cow of Metchosin, trucker convoys, a parody of end-of-school announcements, and a letter to Prince Harry. The chapter on Pi Day is some of the best math-based humour you will read all week. And while there are a dozen pieces on plague-related topics—from dog shortages to doomscrolling to the time Knox dropped his credit card into the saltchuck—COVID appears only in brief glimpses, like a moustache-twirling villain occasionally creeping onto the stage in an old-style British pantomime.

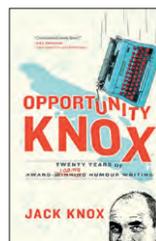
Whether you are a born-and-bred Islander who thinks this is all completely normal, or a Mainland transplant lured by the myth of lower housing prices, *Fortune Knox Once* is the laugh we all need right now.

Jack Knox is the author of three bestselling books, *Hard Knox: Musings from the Edge of Canada* and *Opportunity Knox: Twenty Years of Award-Losing Humour Writing* (both long-listed for the Leacock Medal for Humour), and *On the Rocks with Jack Knox: Islanders I Will Never Forget*. All of his books are based on his popular column at the *Victoria Times Colonist*, where he has worked for more than twenty-five years. In his spare time, Knox performs in a rock 'n' roll band with members of his Tour de Rock cycling team.

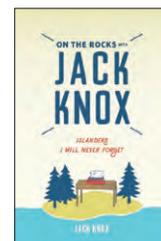
OF RELATED INTEREST



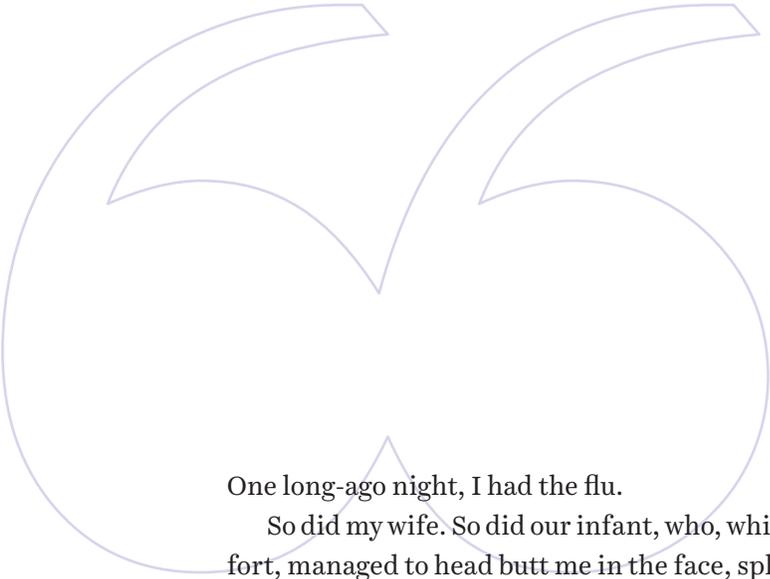
Hard Knox
 9781772031492, \$19.95



Opportunity Knox
 9781772032086, \$19.95



On the Rocks with Jack Knox
 9781772032666, \$19.95



One long-ago night, I had the flu.

So did my wife. So did our infant, who, while writhing in 3 a.m. discomfort, managed to head butt me in the face, splitting my lip.

At that point it seemed like a good idea (at least to me) to hand off the child to my wife, which I did. Then—nauseated, sleep-deprived, and bleeding from the mouth—I staggered back to the bedroom, flopped down on the mattress and thought: “What’s next?”

That’s when I heard the dog in the hallway, barfing.

And that, dear reader, is the past few years in a nutshell.

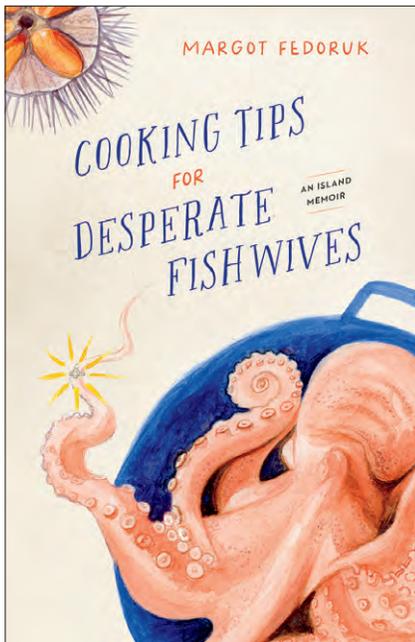
Really, it has been one thing after another. So far, this decade has been like the opening to an Indiana Jones movie, hurling us from one crisis to the next until, breathless and dazed, we found ourselves reeling in circles, fedoras askew, masks riding up over our eyes, waiting for a giant rolling boulder to crush us to death. By now we could all use a laugh.

That’s all this book tries to do: Give you a reason to smile. It won’t change your life. It won’t give you deep insight into the human condition. It won’t offer *Ten Steps to Unlocking Your Inner You*, or whatever.

It might make it easier to drift off to sleep. Just don’t read it while driving...

—from *Fortune Knox Once*





Local Interest (BC) / Memoir
September 2022 • \$22.95
9781772033953 • softcover
 5.5" x 8.5", 256 pages, b&w illustrations
 Author's home: Gabriola island, BC
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 Ebook also available

MARKETING & PROMO:

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Cooking Tips for Desperate Fishwives

An Island Memoir

Margot Fedoruk

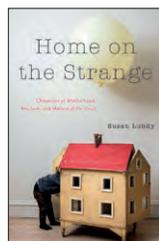
Part love story, part survival story, part meditation on family dysfunction, this offbeat memoir chronicles the unpredictable life of a young wife and mother on Gabriola Island.

In 1989, twenty-three-year-old Margot Fedoruk left Winnipeg and her volatile Slavic-Jewish family for the wilds of BC to work as a tree planter and to contemplate her mother's untimely death from cancer. There, she met Rick Corless, a burly, red-headed sea urchin diver, and soon found herself pregnant and cooking vegetarian meals for meat-eating divers on Rick's boat, *The Buckaroo*, as they travelled along the rugged northern BC coastline.

Eventually, the unlikely couple settled on Gabriola Island to raise two girls, dig for clams, keep chickens, clean houses, and make soap to sell at the local market. As she washed windows with stunning ocean views, Margot also wiped away lonely tears, determined not to repeat the same mistakes as she had witnessed during her parents' marriage made in hell. Through dark humour, vivid descriptions, and quirky characters, Margot's reflections on marriage, motherhood, isolation, food, and family paint an unforgettable portrait of a modern-day fishwife left behind to keep the home fires burning. True to its title, *Cooking Tips for Desperate Fishwives* is a memoir infused with recipes, from the hearty Eastern European fare of Margot's childhood to more adventurous coastal BC cuisine.

Margot Fedoruk is a writer, book reviewer, and entrepreneur, whose work has been published in the *Globe and Mail*, *Quill & Quire*, *BC BookWorld*, *Ormsby Review*, and *Portal*. She holds a BA from the University of Winnipeg and is currently completing a Creative Writing degree at Vancouver Island University, where she was awarded the Barry Broadfoot Award for creative nonfiction and journalism and a Meadowlarks Award for fiction. She has a personal blog called *Death Defying Acts of Living* and an instructional soapmaking blog called *Wash Rinse Repeat*. For more information, visit margotfedoruk.ca.

OF RELATED INTEREST



Home on the Strange
 9781772033649, \$22.95



Beckoned by the Sea
 9781772031799, \$19.95



The Codfish Dream
 9781772032420, \$19.95

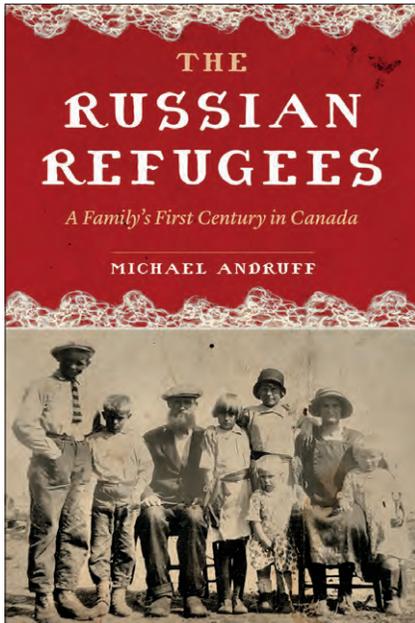


Rick is a west coast urchin diver. The ocean is his element, where he is most at home. He is away for weeks at a time harvesting spiny sea urchins that in turn would feed our family. The painful urchin spines get lodged under the skin of his fingers and sometimes his pale freckled legs. He picks at them with a sewing needle he sterilizes with a red plastic lighter. I swear when I step on them, shocked to find them carelessly lodged in the loops of the carpet.

Some dives he catches a Puget Sound king crab and brings it home scabbling at the sides of a taped-up Styrofoam cooler. It is his job to kill it with a swift knock to its thick shell, then to deftly slice it in half with a sharp knife. He turns its sweet flesh into mounds of crab cakes we feast on hot and greasy from the pan. After, we sit contentedly on the deck, my bare feet in his lap until the stars come out.

—from *Cooking Tips for Desperate Fishwives*





History / Human Interest
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The Russian Refugees

A Family's First Century in Canada

Michael Andruff

The multigenerational story of a family that fled Russia in wake of the Civil War and settled in rural Alberta.

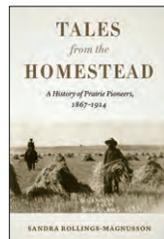
Every refugee has a story. This book follows the life of Nikifor Andriev, driven from his homeland in 1924, to settle in Canada as part of a group of 116 privately sponsored Russian refugees. Their new home, the aptly named Homeglen, Alberta, was a symbol of promise and prosperity.

Like countless other refugees and immigrants, Nikifor faced the obstacles and opportunities of life in Canada with a determination to succeed against all odds. Reinventing himself time and again, he watched his family grow and disburse to pursue their own dreams, with the hope that each succeeding generation would have an easier life than the one that came before it. Nearly a century after Nikifor's arrival in Homeglen, his son Michael Andruff reflects upon his family's history, the legacy of the refugee experience, and the parallels of his father's generation of refugees with people fleeing recent conflicts in Syria, Afghanistan, and Ukraine.

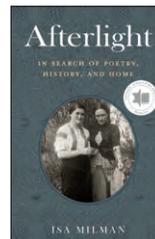
As the son of a refugee who has benefitted from the stability and prosperity of life in Canada, Andruff shares this story as a call to action. The descendants and friends of the original group of 116 refugees who settled in Homeglen are asked to contribute to the Homeglen Legacy Fund, with the goal of raising \$30,000 to privately sponsor a refugee family of four prior to June 2024 (the hundred-year anniversary of the original group's arrival in Canada). Andruff is donating his royalties from the sale of this book to the Homeglen Legacy Fund.

Michael Andruff is a retired realtor and the son of a refugee from Russia. In partnership with MOSAIC, he is the founder of the Homeglen Legacy Fund, a tribute to the 116 Russian refugees, including his father, who settled in Homeglen, Alberta, in 1924. Through the fund, descendants and friends of this original group will support a new generation of refugees to Canada. For more information, visit mosaicbc.org/about/donate/homeglen-legacy-fund.

OF RELATED INTEREST



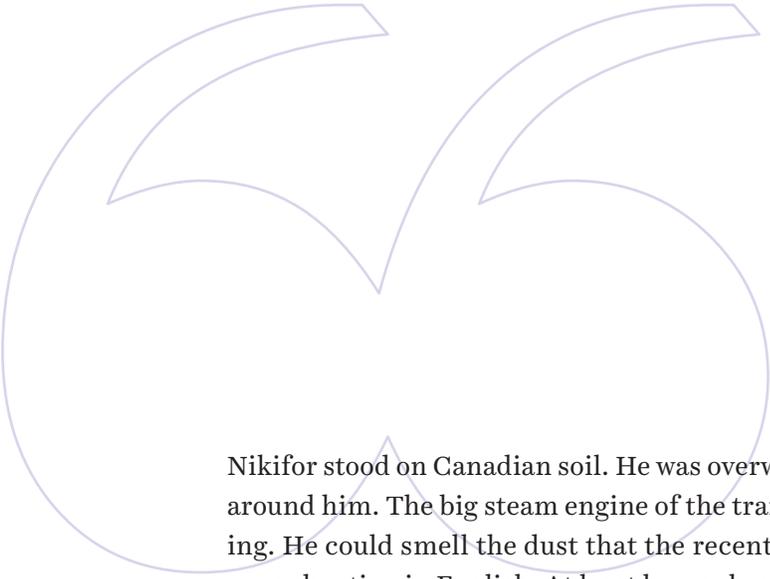
Tales from the Homestead
 9781772033892, \$29.95



Afterlight
 9781772033830, \$24.95



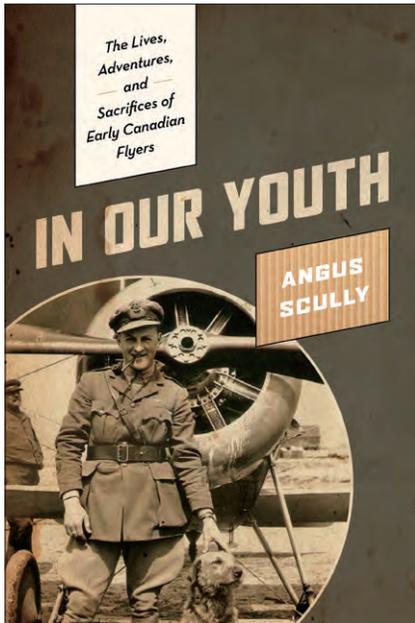
Finding Home
 9781894384766, \$22.95



Nikifor stood on Canadian soil. He was overwhelmed with all the activity around him. The big steam engine of the train was still huffing and puffing. He could smell the dust that the recent rainfall had raised. People were shouting in English. At least he was beside his brother, and near his family. His mother, Elena, was holding his one-year-old sister, Valentina. She was crying either from a full diaper or because she was hungry. His father, Phillip, was holding the shoulder of Akim, Nikifor's older brother. His grandpa, Gregori, was standing with Nikifor's uncles, Vasili and Ivan, and their families, and his aunt Lucaria and her family. The Andriev and Sidorov families with the other Russians posed for a picture in front of the Canadian Pacific Railway (CPR) passenger car, which transported them from Vancouver.

The young three-year-old, like the other children present, had few thoughts in mind aside from feeling that his winter coat was making him uncomfortable in the muggy, rainy June afternoon. He was feeling pangs in his tummy for something to eat. He was also upset at being jostled for the picture. The rest of the group, also in winter apparel, stood rather grim faced. Perhaps it was their weariness from travel, or maybe they had thoughts of the past, or more likely their future. In any case, smiles were few, and frowns born from anxiety were plentiful.

—from *The Russian Refugees*



History / Military

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9781772034219 • softcover with flaps

6" x 9", 320 pages, b&w photographs, illustrations, and maps

Author's home: Nanaimo, BC

Heritage House Publishing

RIGHTS HELD: World, all languages

AVAILABLE VIA UTP: Yes

Ebook also available

MARKETING & PROMO:

- National, regional, and subject-specific print features, excerpts, review coverage, broadcast and television interviews
- Publicity and promotion in conjunction with author's speaking engagements
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- Excerpts available
- Electronic ARCs
- Electronic blads

In Our Youth

The Lives, Adventures, and Sacrifices of Early Canadian Flyers
Angus Scully

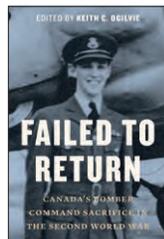
A fascinating, photo-rich exploration of early aviation in Canada, told through the backstories of pilots who flew, fought, and risked their lives in the First World War, though the interwar period, and beyond.

In Our Youth explores the lives of thirty-two young Canadian military and civilian flyers, viewed through the medium of archival photography. All of these young men were pilots in the First World War, a time when flying was pure adventure and danger. Some of them were from humble origins, some from elite families, some became heroes, one was cowardly, and most have now faded from our attention. However, all embraced the romance and danger of flight.

Although much of the book is focused on military experiences—including the mental stress and injuries faced by pilots who had barely reached adulthood—the book looks beyond war, examining the fascinating world of civilian aviation from 1908 to 1941. Featuring long-hidden photography uncovered from provincial archives, confidential military records, and precious family collections, this book covers the lives of many young Canadians who made important contributions as they flew and fought in what seem today to be the flimsiest of machines.

Angus Scully is a writer, editor, historian, and educator. He is the author or co-author of fifteen Canadian history textbooks for elementary and high school, including *Canada Today*, now in its fourth edition with more than 100,000 copies sold. He is the current editor of the newsletter of the Vancouver Island Military Museum.

OF RELATED INTEREST



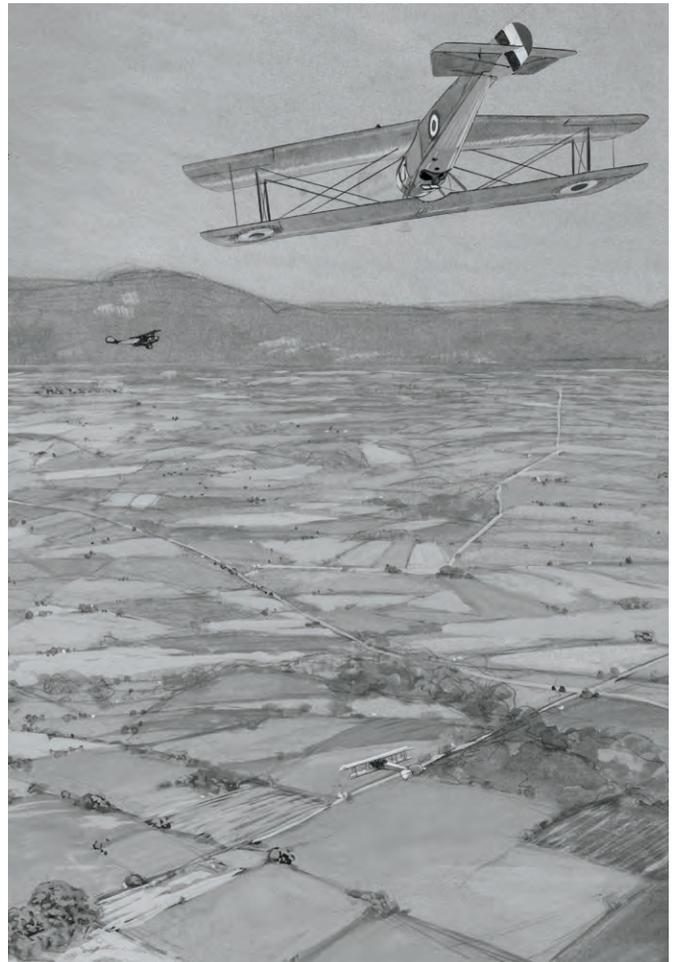
Failed to Return
9781772033816, \$26.95

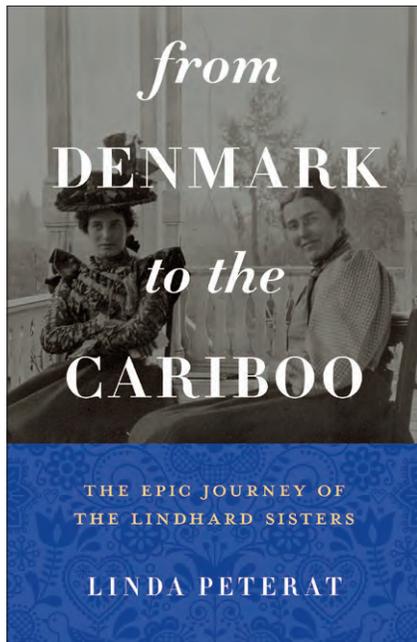


Four Who Dared
9781772032949, \$22.95



The Spitfire Luck of Skeets Ogilvie
9781772032116, \$22.95





Local Interest (BC) / History
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From Denmark to the Cariboo

The Epic Journey of the Lindhard Sisters

Linda Peterat

A captivating account of the lives of Laura, Christine, and Caroline Lindhard, three sisters who left Denmark in 1870 and pursued new lives in the Cariboo region of British Columbia.

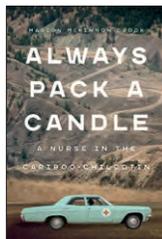
There are few stories of entrepreneurial, business-class women in nineteenth century BC. They didn't keep diaries or save letters like the upper class women often did, and they were usually overlooked in newspaper reports. Yet many came into British Columbia in the early years of the gold rush and helped build and sustain the developing communities. This book tells the stories of three sisters—Laura, Christine, and Caroline Lindhard—who arrived in BC from Denmark in the 1870s. Coming of age in Europe, the Lindhard sisters had aspirations that were restricted by societal norms about what women could and should be and do.

This is a story of how each of the sisters made a life for themselves: marrying and having children, becoming single parents at an early age, working together, providing for their families, and making choices that set them on different paths. While their lives diverged, their commitments to each other and the next generation remained strong.

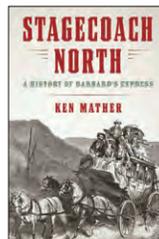
The sisters' stories illustrate the importance of family and community relationships as support structures for women entrepreneurs who combine family responsibilities with earning a living. While they were not heroic in the traditional, patriarchal sense of the word, the Lindhard sisters were powerful, influential members of their families and their community, and their lives reveal much about the complex social fabric of early British Columbia and the unsung contributions of women.

Linda Peterat is an author, educator, and researcher. She holds a BSc, BEd, MEd, and PhD in Curriculum Studies from the University of Alberta, and for many years she directed the home economics education program and graduate programs at UBC. In recent years, she has pursued her interest in researching food as it relates to home economics and is a frequent contributor to bcfoodhistory.ca.

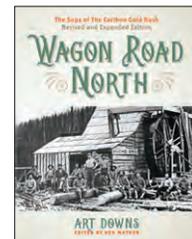
OF RELATED INTEREST



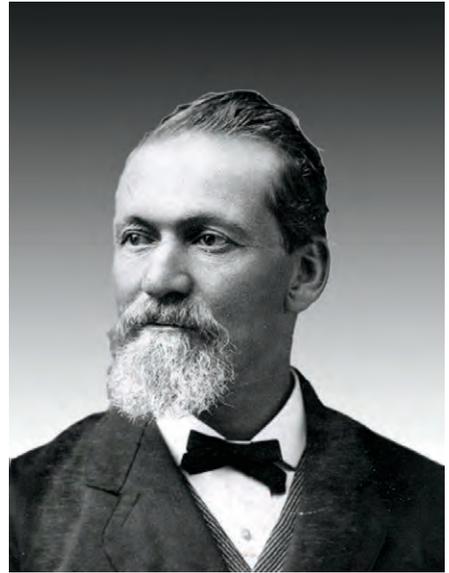
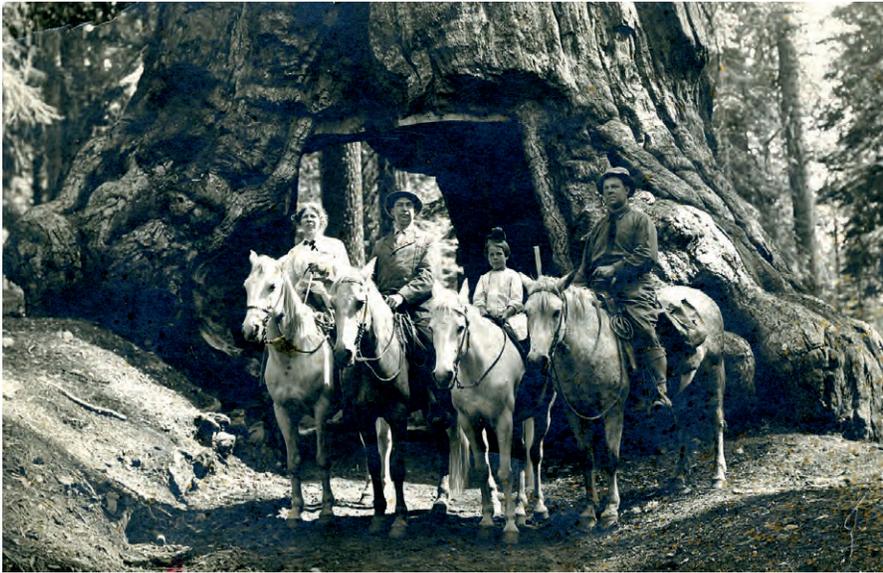
Always Pack a Candle
 9781772033625, \$22.95

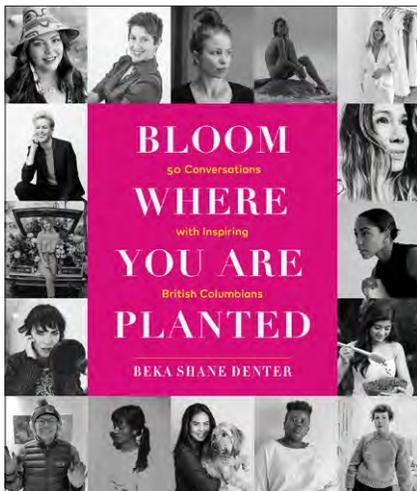


Stagecoach North
 9781772033090, \$22.95



Wagon Road North
 9781772033601, \$26.95





Photography / Women

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Bloom Where You Are Planted

50 Conversations with Inspiring British Columbians

Beka Shane Denter

A celebration of fifty talented, creative, passionate people (forty-nine women and one nonbinary person) working in the fields of visual art, dance, photography, music, design, comedy, storytelling, food, fashion, beauty, wellness, and advocacy.

Bloom Where You Are Planted is a collection of interviews and photography that honours a group of innovative, hard-working, diverse people, whose creative and business ventures inspire, support, and infuse others' lives with purpose and positivity. These are people who are passionate about work, community, and giving back.

The forty-nine women and one non-binary person featured in this book have established a strong community of supporters and followers in their respective sectors. Among those featured are: Haida and Cree artist and entrepreneur Erin Brillon; singer-songwriter Julianna Laine; dancer Erika Mitsuhashi; nonbinary model and writer Lydia Okello; storyteller and entrepreneur Samantha Reynolds; cosmetic chemist Veerpal Sdihu; sculptor Marie Khourie; artist Athena Bax; pastry chef Kiko Nakata; Hip Hop/R&B recording artist Kia Kadiri; and author/illustrator Emma FitzGerald.

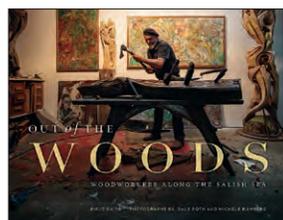
After a decade of writing and interviewing fascinating people, author Beka Shane Denter realized that the true stories of women and nonbinary people are often left untold or presented in an overly polished way. In this collection, she explores the story behind the image, the movement, and the brand. *Bloom Where You Are Planted* infuses positivity into a world in need of inspiration and brings to life the stories of a phenomenal group of people.

Beka Shane Denter is a Canadian features and content writer, who has used her knowledge, passion, and nomadic lifestyle to fuel her writing career. Her work has appeared in *Elle Canada*, *Fashion*, *NUVO*, *Montecristo*, *LUXE*, *Ottawa Wedding*, *BUST*, *Women's Surf Style Magazine*, *MindBodyGreen*, *Today's Parent*, and *The Inertia*. She holds a bachelor of arts in English, a master's in education, and a certificate in web writing and social media communication.

OF RELATED INTEREST



Out of the Fire
9781772033434, \$39.95

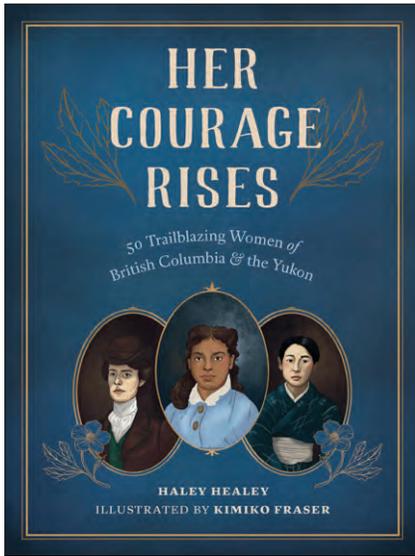


Out of the Woods
9781772032604, \$34.95



Sylvia Grace Borda
9781772033298, \$39.95





Juvenile Nonfiction (ages 12+) / Women
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Her Courage Rises

50 Trailblazing Women of British Columbia and the Yukon
 Haley Healey; illustrated by Kimiko Fraser

Fifty inspiring stories of extraordinary historical women.

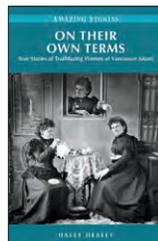
This fascinating book introduces young readers to a diverse group of women who changed the face of history and defied the gender norms of their times. Through charming illustrations and concise biographies, *Her Courage Rises* features social activists and politicians, artists and writers, scientists and healers, pioneers and prospectors, athletes and entrepreneurs, teachers and cultural tradition keepers.

These women represented all ages, walks of life, and backgrounds. Some, like politician Rosemary Brown, artist Emily Carr, and Olympic sprinter Barbara Howard, achieved fame during their lives. Others, including photographer and cultural teacher Elizabeth Quocksister, artist and cultural consultant Florence Edenshaw, and language champion Barbara Touchie, made great strides in preserving and promoting Indigenous rights and cultures. And many, like environmentalist Ruth Masters, water diviner Evelyn Penrose, and Doukhobor pioneer Anna Markova, are less well-known but still made important historical contributions to their communities. *Her Courage Rises* is full of inspirational female role models and celebrates the trailblazing women who made history in BC and the Yukon.

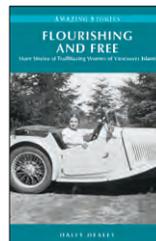
Haley Healey is a high school counsellor, registered clinical counsellor, and the best-selling author of *On Their Own Terms: True Stories of Trailblazing Women of Vancouver Island* and *Flourishing and Free: More Stories of Trailblazing Women of Vancouver Island*. A self-proclaimed trailblazing woman herself, she has taught in isolated fly-in communities, guided whitewater canoe expeditions, and plays the violin. She has an avid interest in wild places and unconventional people.

Kimiko Fraser is an illustrator and historian-in-training. She grew up constantly making—drawing, painting, knitting, sculpting, bookbinding, etc.—and has never learned how to stop. She holds a bachelor of arts (honours History, major Visual Arts) from the University of Victoria. She works with many mediums to create her illustrations, including watercolour, digital, ink, and tea. Most of her work is inspired by her interest in plants, history, and folktales.

OF RELATED INTEREST



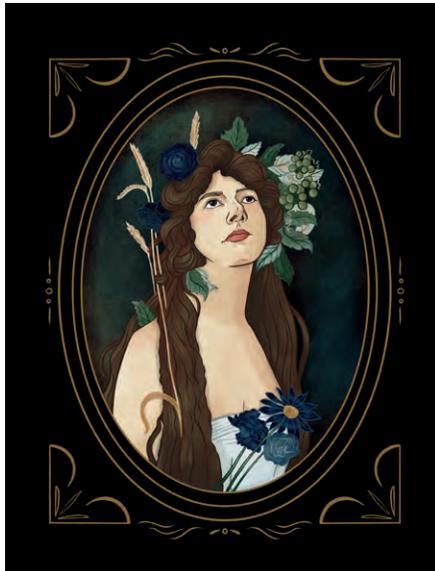
On Their Own Terms
 9781772033250, \$9.95

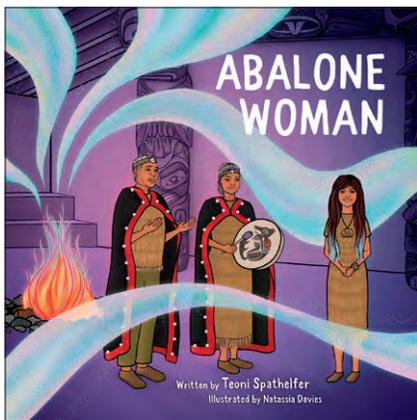


Flourishing and Free
 9781772033533, \$9.95



The Famous Five
 9781772032338, \$9.95





Abalone Woman

Teoni Spathelfer; illustrated by Natassia Davies

A vivid dream teaches Little Wolf about courage and acceptance of those who are different, and inspires her to show her daughters and their classmates how to be proud of their diverse cultural backgrounds.

NEW IN PAPERBACK

Children's Picture Book - Fiction (ages 4-8) / Indigenous

September 2022 • \$12.95
9781772034271 • softcover

9" x 9", 32 pages, full colour
Spathelfer's home: Sooke, BC
Davies's home: Vancouver, BC

Heritage House Publishing
RIGHTS HELD: World, all languages
AVAILABLE VIA UTP: Yes
Ebook also available

MARKETING & PROMO:

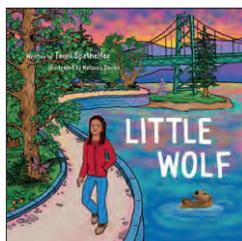
- Social media campaigns, blogger outreach, digital collateral for online use
- Electronic ARCs

Throughout her life, Little Wolf has been troubled by the injustice she sees all around her. When she was young, she was bullied for her Indigenous heritage. Her mother, White Raven, spent ten years in a residential school, separated from her family and isolated from her culture. Little Wolf's own children are growing up in a different, more open society, but hatred and racism still exist. Little Wolf worries about the world her daughters will inherit. One night, a vivid dream helps her realize her own strength as a leader and peacemaker in her community. Told with powerful imagery and symbolism, *Abalone Woman* is the third book in the Little Wolf series, which presents themes of racism, trauma, and family unity through relatable, age-appropriate narratives.

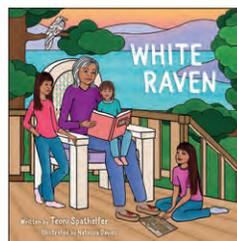
Teoni Spathelfer is a member of the Heiltsuk Nation from coastal BC. Since childhood she has loved immersing herself in her own culture and learning about other cultures around the world. Spathelfer has worked as a publicist; a radio journalist, host, and producer; and an arts and music writer. Her documentary *Teoni's Dream*, informed by her mother's residential school experience, has aired nationwide on CBC Radio. Her photography has been featured across various media and sold privately. She has been blessed with three daughters and four grandchildren.

Natassia Davies is a Victoria-based artist and graphic designer and is of Coast Salish ancestry. For nearly a decade, Natassia has worked traditionally and digitally to create illustrations, develop visual brand identities, and design various other visual communications tools for local businesses, individuals, and non-profits. She also works with other First Nations Peoples and Indigenous groups to create educational tools and public art pieces. Natassia has collaborated on multiple large-scale Indigenous murals that can be found throughout Sooke and Victoria's harbour.

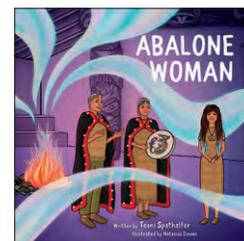
OF RELATED INTEREST



Little Wolf
9781772033809, \$12.95

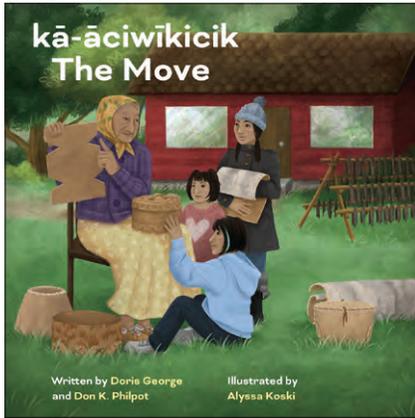


White Raven
9781772033786, \$12.95



Abalone Woman
9781772034110, \$19.95





kā-āciwīkicik / The Move

Doris George and Don K. Philpot; illustrated by Alyssa Koski

A magical children's picture book, written in Cree and English, depicting the transformation of a barren landscape into a rich natural world where an elderly couple can spend their remaining days.

Rooted in the historical displacement and relocation of members of the Chemawawin First Nation from their ancestral homeland, *The Move* is a bilingual story of two Cree Elders adjusting to life in their new environment. The story presents two contrasting landscapes of the old community—the homeland of the Chemawawin People—and the new community of Easterville, which at first appears barren and lifeless. Gradually, the couple begins to incorporate their old customs and traditions into their current surroundings. Family members begin to visit, and eventually nature begins to bloom all around them. Through traditional Cree storytelling techniques and vivid imagery, the new landscape springs to life and becomes a true community, filled with life and happiness.

Doris George is a Cree educator. She is the principal of Chemawawin Schools in Easterville, Manitoba, where she also taught Cree language for four years. She holds a BA and BED from University College of the North and a Community Linguist Certificate (CLC) from the University of Alberta. She has a passion for her language, and credits her grandparents and parents with speaking Cree with her when she was growing up. She is married with three sons and six grandchildren.

Don K. Philpot is an educator specializing in Cree language structures and use, language and literacy education, and children's literature. He is a member of the reading faculty at Shippensburg University and holds undergraduate and graduate degrees in Indigenous Studies, Teacher Education, and Literacy education from the University of Manitoba and University of British Columbia. His current research focuses on Indigenous landscapes and worldviews in contemporary adolescent novels by Indigenous writers.

Alyssa Koski is an illustrator and member of the Kainai Nation. She holds a BA in Visual Communications from the Alberta College of Art and Design. Koski is the recipient of the Janet Mitchell Award and the Harley Brown Artistic Endowment and the winner of the 2017 Applied Arts Magazine design award.

NEW IN PAPERBACK

Children's Picture Book - Fiction (ages 4-8) / Indigenous

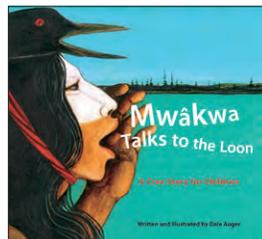
September 2022 • \$14.95
9781772034288 • softcover

10" x 10", 48 pages, full colour
George's home: Easterville, MB
Philpot's home: Shippensburg, PA
Koski's home: Okotoks, AB
Heritage House Publishing
RIGHTS HELD: World, all languages
AVAILABLE VIA UTP: Yes
Ebook also available

MARKETING & PROMO:

- National, regional, and subject-specific print features, excerpts, review coverage, broadcast and television interviews
- Social media campaigns, blogger outreach, digital collateral for online use
- Electronic ARCs

OF RELATED INTEREST



Mwākwa Talks to the Loon
9781894974325, \$12.95

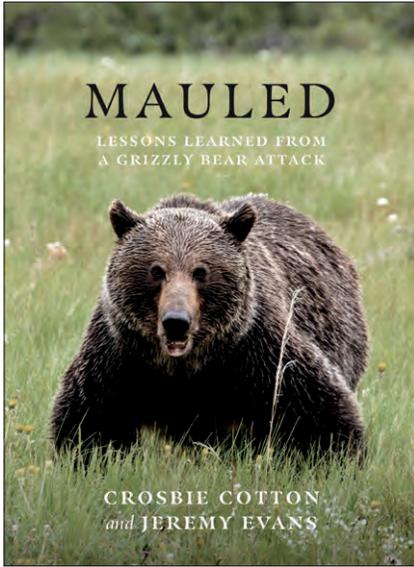


Magical Beings of Haida Gwaii
9781772033700, \$14.95



kā-āciwīkicik / The Move
9781772034097, \$22.95





Nature / Biography & Autobiography
September 2022 • \$25.00
9781771604833 • softcover with flaps
 5" x 7", 192 pages, colour photo section
 Author's home: Calgary, AB
 Author's home: Calgary, AB
 Rocky Mountain Books
 RIGHTS HELD: World, all languages
 AVAILABLE VIA UTP: No
 Ebook also available

MARKETING & PROMO:

- National, regional, and subject-specific print features, excerpts, review coverage, broadcast and television interviews
- Social media campaigns, blogger outreach, digital collateral for online use
- Publicity and promotion in conjunction with author's speaking engagements
- Outreach to subject-specific organizations, markets and festivals
- Excerpts available
- Electronic ARCs

Mauled

Lessons Learned from a Grizzly Bear Attack
Crosbie Cotton and Jeremy Evans

An inspiring true-life survival story set in the remote backcountry of the Canadian Rockies.

In August 2017, 32-year-old Jeremy Evans endured multiple ferocious attacks by a protective female grizzly bear while hunting in the Alberta wilderness.

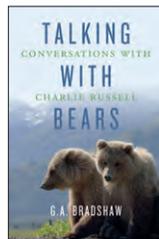
Jeremy's injuries were massive, his scalp and face destroyed, an eye and his jaw dangling down. The tendons on one leg had been fully severed during the mauling. His hands were damaged where he had physically fought the bear. It was more than a dozen kilometres to where he had parked his truck in darkness early that morning and absolutely no one was near. Thoughts of his wife and their eight-month-old daughter consumed Jeremy as he stumbled and crawled for hours back to his truck, before driving himself several kilometres to a backcountry lodge for help. All the while, Jeremy thought of his young family and the upcoming sixth wedding anniversary that he feared he might never be able to celebrate.

Despite the traumatic stress the encounter produced, Jeremy holds no animosity toward the bear and still enjoys spending time in the backcountry. To him the grizzly was doing what the best parents do: protect their young.

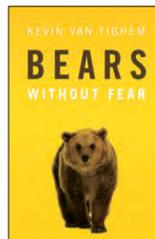
Crosbie Cotton is an award-winning journalist and former editor-in-chief of the *Calgary Herald*. His work has appeared in magazines such as *Sports Illustrated* and *Time*. Crosbie lives in Calgary, Alberta.

Jeremy Evans is an avid fisherman and hunter and has been an outdoor enthusiast since a young age. Jeremy lives in Calgary, Alberta, with his nature loving wife and a young daughter who skillfully handles a fishing rod like a veteran.

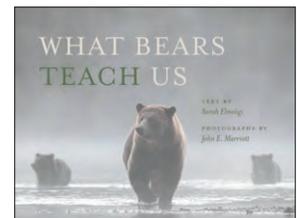
OF RELATED INTEREST



Talking with Bears: Conversations with Charlie Russell
 9781771603614, \$32.00



Bears Without Fear
 9781927330319, \$25.00



What Bears Teach Us
 97817716039, \$45.00



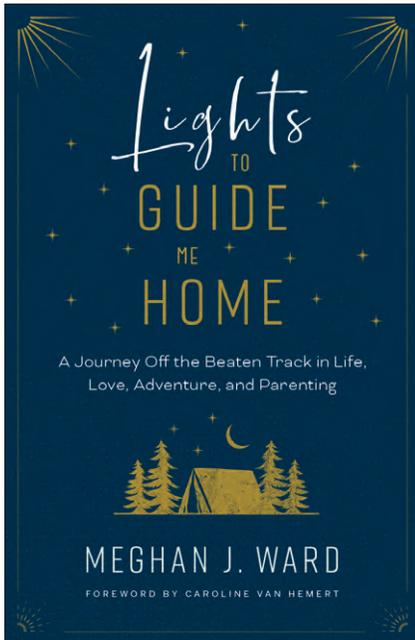
There is no one else like Jeremy Evans. His resolute “never give up” attitude is one of a kind. Little did he know this characteristic would someday save his life. This book is a story of survival, perseverance, love, healing and what it means to overcome the ultimate adversary. Jeremy’s favourite quote comes from his high school yearbook: “I cannot change the direction of the wind, but I can adjust my sails to always reach my destination” (Jimmy Dean).

His traumatic, almost unbelievable story raises an important question: What lessons can we take from his journey from near-death to a life abundant with the outdoor pursuits and cherished loved ones so crucial to his happiness? Here, in Jeremy’s words, are some of the lessons he learned by surviving and recovering from the attack:

- Getting counselling or psychological help is a strength, not a sign of weakness.
- Always be fully prepared for the unexpected.
- Human determination can defy the greatest of odds.
- Setting small goals can lead to remarkable achievements.
- Family comes first.
- Don’t take relationships for granted.
- Don’t needlessly abandon your passions in life.

To this day, Jeremy is glad the grizzly that mauled him was not trapped and euthanized. “She was just a mother, doing what mothers do,” he says. “She was protecting her young. You can’t blame her for that.”

— from *Mauled*



Travel Writing / Parenting

September 2022 • \$25.00

9781771603591 • softcover

5.5" x 8.5", 312 pages

Author's home: Banff, AB

Author's home: Anchorage, AK

Rocky Mountain Books

RIGHTS HELD: World, all languages

AVAILABLE VIA UTP: No

Ebook also available

MARKETING & PROMO:

- National, regional, and subject-specific print features, excerpts, review coverage, broadcast and television interviews
- Social media campaigns, blogger outreach, digital collateral for online use
- Publicity and promotion in conjunction with author's speaking engagements
- Outreach to subject-specific organizations, markets and festivals
- Outreach to travel and tourism organizations
- Festival appearances
- Electronic ARCs
- Excerpts available

Lights to Guide Me Home

A Journey Off the Beaten Track in Life, Love, Adventure, and Parenting

Meghan J. Ward. Foreword by Caroline Van Hemert

This debut memoir is at once a captivating travelogue and an introspective look at what it takes to navigate the unfamiliar and find your way back home.

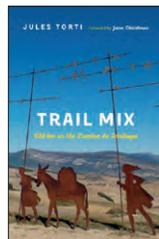
Meghan J. Ward was 21 years old when she journeyed across the country for a summer job in the Canadian Rockies. As an inexperienced hiker from the suburbs of the nation's capital, she knew she was in for an adventure. But what she didn't know was that her move to the mountains would result in a 90-degree turn towards a life she never expected.

In *Lights to Guide Me Home* Meghan takes us on a trip around the world while chronicling her transitions through some of life's major milestones. From Costa Rica to Nepal, Rapa Nui to Malta, Meghan explores what it means to carve out her own identity amidst family expectations, her responsibilities as a parent to young children, and her marriage to an ambitious travel and landscape photographer. Whom will she discover beneath these entanglements?

Meghan J. Ward is an outdoor, travel and adventure writer, and a Fellow of the Royal Canadian Geographical Society. She lives in Banff, Alberta, with her husband, Paul Zizka, and their two daughters.

Caroline Van Hemert is an author, adventurer, and wildlife biologist. Her book *The Sun is a Compass: My 4,000-Mile Journey into the Alaskan Wilds*, won the Banff Mountain Book Award for Adventure Travel and was cited as one of the best outdoor She lives in Alaska with her husband and two young sons.

OF RELATED INTEREST



Trail Mix: 920 km on the Camino de Santiago
9781771604802, \$25.00



Be Free: Mountains, Mishaps, and Miracles in Africa
9781771605175, \$25.00



Out Here: Wisdom from the Wilderness
9781771604499, \$20.00



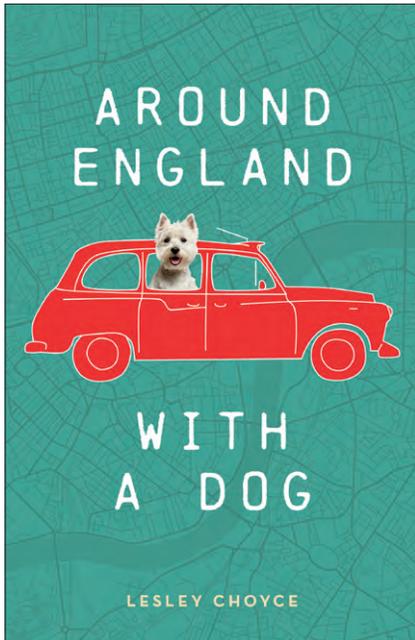
"Maya stayed with Paul while I trudged on ahead. I often stopped to drop my pack and sit on it to nurse the baby (my rain jacket hung over my head to protect me from the mosquitoes) and the rest of the gang would catch up. It was probably good they didn't see me wipe out on the trail a few times. I couldn't see my feet past the baby in the carrier and at one point stepped right off the trail and into the bush, which fell a foot away from the height of the slope that my other foot was standing on. I went crashing down with my big pack, twisting my ankle, doing everything I could to protect the baby (who came out totally unscathed) and letting out a yelp! that no one heard. I felt flustered with the shock of the fall but still happily plodded along. I reached the site about an hour before the rest and set up a tent, where I promptly lay the baby down to free her from the crowd of mosquitoes landing on her face. Paul eventually arrived with Maya, who was utterly exhausted. He later showed me a video of her hiking, her precious blanket in hand, french braids swinging with her steps, but not so much as hiking as stumbling like she was drunk. I was so proud of her for what she'd accomplished. I was impressed that she was still in good spirits.

Later that day, after we set up the tents and ate dinner, I looked under Maya's hat and discovered that her forehead displayed no fewer than forty mosquito bites. If it gets really bad, we can hike back out tomorrow, I thought. No one was complaining, though, so I took that as a sign that the hardships hadn't done anyone in—yet.

As we tucked in for the night, I lay Léa down beside me and zipped her into my down jacket, a make-shift sleeping bag. I felt happy. After a few years of struggling to do things outdoors with Maya, we'd turned over a new leaf. *We're finally doing this*, I thought. *We're finally doing the trips I always wanted to do with my kids.*

Overnight, the air cooled off and it began to rain, clearing the wildfire smoke and making it more comfortable in the tent. My expectations for a good sleep were low, but Léa had a decent night. She stirred several times but I could nurse her back to sleep without her fully waking. I didn't sleep much but I was content. I had my baby snoozing next to me and my other family members in the tent next-door. I was here in the backcountry with the pitter-patter of rain hitting the tent. This was my idea of bliss.

— from *Lights to Guide Me Home*

**Travel Writing**

September 2022 • \$25.00

9781771604512 • softcover

5.5" x 8.5", 312 pages

Author's home: Lawrencetown Beach, NS

Rocky Mountain Books

RIGHTS HELD: World, all languages

AVAILABLE VIA UTP: Yes

Ebook also available

MARKETING & PROMO:

- National, regional, and subject-specific print features, excerpts, review coverage, broadcast and television interviews
- Social media campaigns, blogger outreach, digital collateral for online use
- Publicity and promotion in conjunction with author's speaking engagements
- Outreach to subject-specific organizations, markets and festivals
- Excerpts available
- Electronic ARCs

Around England with a Dog

Lesley Choyce

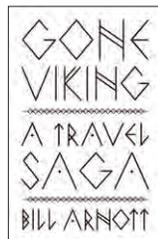
The story of two seasoned and intrepid Canadian travellers, Lesley and Linda Choyce, who embark on a new adventure with their West Highland terrier, Kelty.

Lesley Choyce is a 70-year-old year-round North Atlantic surfer, the godfather of transcendental wood-splitting, and the award-winning author of over 100 books. His wife, Linda, a former high school principal who has fearlessly commandeered knives from teenage malcontents, usually guides her husband away from quixotic quests, but she is fully on board for this one. As for Kelty, the couple's West Highland terrier, he's always ready to give up on chewing shoes and chasing pheasants for something more exciting.

For years, Lesley has been fascinated and perplexed by the tumultuous history of England, the inexplicable customs of the English, and the many paradoxes of the people, but also their indomitable spirit. If he were to continue to grow intellectually and spiritually, he was certain that the answers to the meaning of life were to be found in England. As their itinerary expands, Lesley and Linda will cross borders into Wales and Scotland as well.

Join the Choyces as they hurtle around the U.K. in search of history (all kinds), good food (mostly Indian), quirky destinations (the smaller and weirder the better), and places for the dog to pee. All while waiting for the imminent arrival of new grandchildren back home in Canada. Ever wondered what a Nova Scotian surfer/wood-splitter/Renaissance man/Westie owner thinks of the U.K.? Now you can find out.

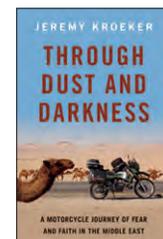
Lesley Choyce is the author of more than 100 books of literary fiction, poetry, creative non-fiction, and young adult novels. He runs Pottersfield Press and has worked as editor with a wide range of Canadian authors. Choyce has been teaching English and creative writing at Dalhousie and other universities for over thirty years. He has won the Dartmouth Book Award, the Atlantic Poetry Prize, and the Ann Connor Brimer Award, and has been short-listed for the Stephen Leacock Medal and the Governor-General's Award. He surfs year round in the North Atlantic. He lives in Lawrencetown Beach, Nova Scotia.

OF RELATED INTEREST

Gone Viking: A Travel Saga
9781771604475, \$25.00



Gone Viking II: Beyond Boundaries
9781771605434, \$28.00



Through Dust and Darkness: A Motorcycle Journey of Fear and Faith in the Middle East
9781927330746, \$20.00



It all seemed so simple at first. Around England with a dog. Our dog of course. Our nearly two-year-old West Highland White Terrier – a Westie known to the world as Kelty. I'd travelled to England many times but never with a dog. I'd met many a friendly mutt in English pubs and on hikes had run into hikers who too liked to take their dog everywhere. So why not me? Why not us?

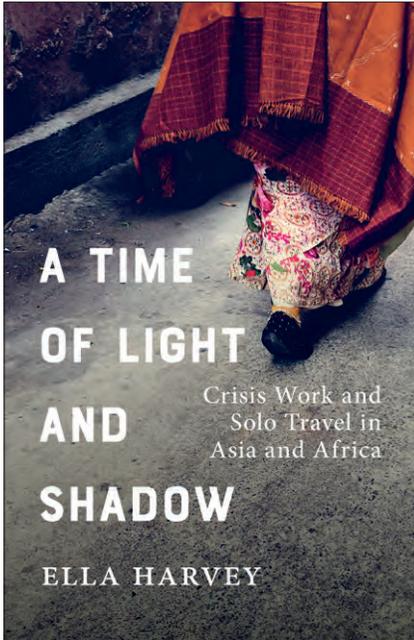
"Us" would be my wife Linda and myself. The two of us and our feisty little dog who had once been labelled a West Highland terrorist by the owner of Country Critters where we'd send him to stay on our previous jaunts to Europe. But not this time. Kelty was going to have his first trip to the U.K. And I was going to write a book about it.

That's what I do. I write books about travel, ideas, life, and history. I'm not really much of a researcher or historian but, instead, I allow myself to stumble onto things, unearth historical connections and connect them to me somehow. Staring at William Wordsworth's socks in a glass case at the Wordsworth Museum in Grasmere. Standing at the foot of Jim Morrison's grave in Père Lachaise Cemetery in Paris. Gazing at the shiny walls of the room where Mozart played his first concert at seven. That sort of thing. I write novels and poetry, too, but won't bore you with any of that this time round.

My plan was to fly us into Heathrow with Kelty snug in his Sherpa doggy carrier under the seat (probably mildly sedated to keep his terrorist aspects suppressed) and off we'd go in a rental ... um ... camper. At least that was the original plan. We'd drive around the perimeter of England –south, east, north and west. We'd poke in here and there, meet wonderfully funny, wise and eccentric citizens and I'd have a wealth of material to write about.

We wouldn't stick strictly to the perimeter, but you get the idea. It would mostly be a rural thing. Easier to find patches of green grass where a road weary dog (and his master) could take a pee. I had already started circling on our map towns with names like Ninfield, Saffron Walden, Osgathorpe and Troutbeck Bridge. Surely something of note would happen as soon as we pulled into Bexhill-on-Sea or Bury St. Edmunds. Fascinating historic discoveries were certain to be had in Ashby-de-la Zouch and Bovey Tracey. And because we had a friendly Westie with us, people would want to stop and talk to us. They'd ask us if we were American and we'd have to tell them no we were Canadian. Maybe we should stitch Canadian flags on our coats, I had already suggested to Linda. The dog himself would sniff out interesting places and the whole operation would be this grand peripatetic journey, a real adventure.

— from *Around England with a Dog*



A Time of Light and Shadow

Crisis Work and Solo Travels in Asia and Africa

Ella Harvey

An inspiring travel adventure memoir that explores a young woman's quest to live life on the front lines of conflict zones during the 1970s.

In 1975, a time of new freedom for women, Ella Harvey lived in Paris, worked as a nurse in war-torn Lebanon, and fell in love in Istanbul. Jostled between cultures, between love and loss, she found her way home. A year later, restless once again, she set off alone for India, a land of unsettling contradictions. A solo trek in the Himalayas completed that Asian journey.

By 1980 Ella was working for the International Red Cross, immersed in the heart-wrenching tragedy of a Cambodian refugee camp, and later that same year with the nomadic Issa in the drought-ridden desert of Djibouti, Africa. Faced with the immensity of poverty and suffering, her commitment to service was shaken.

Four decades later, in 2019, Ella returned to India, asking herself as an older woman, "Would I dare do now what I readily did then?" *A Time of Light and Shadow* explores one woman's complicity in privilege, a troubled past with her mother, and reflections on solitude and friendship, youth and aging, longing and belonging.

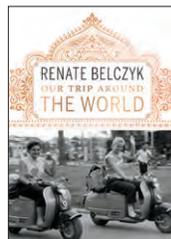
Ella Harvey's diverse career and her adventurous spirit have taken her to remote regions of the world, with experiences in Asia and Africa contributing to her world view. She has lived on five continents and worked on four. Along with *A Time of Light and Shadow*, she is also the author of *Encounters on the Front Line: Cambodia - A Memoir*. Ella, formerly known as Elaine, lives in Victoria, British Columbia.

Travel Writing / Memoir
October 2022 • \$28.00
9781771605694 • softcover
5.5" x 8.5", 336 pages, colour insert
Author's home: Victoria, BC
Rocky Mountain Books
RIGHTS HELD: World, all languages
AVAILABLE VIA UTP: No
Ebook also available

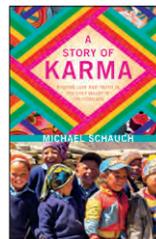
MARKETING & PROMO:

- National, regional, and subject-specific print features, excerpts, review coverage, broadcast and television interviews
- Social media campaigns, blogger outreach, digital collateral for online use
- Publicity and promotion in conjunction with author's speaking engagements
- Outreach to subject-specific organizations, markets and festivals
- Electronic ARCs
- Excerpts available

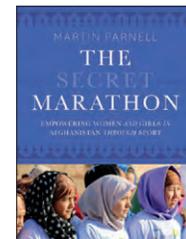
OF RELATED INTEREST



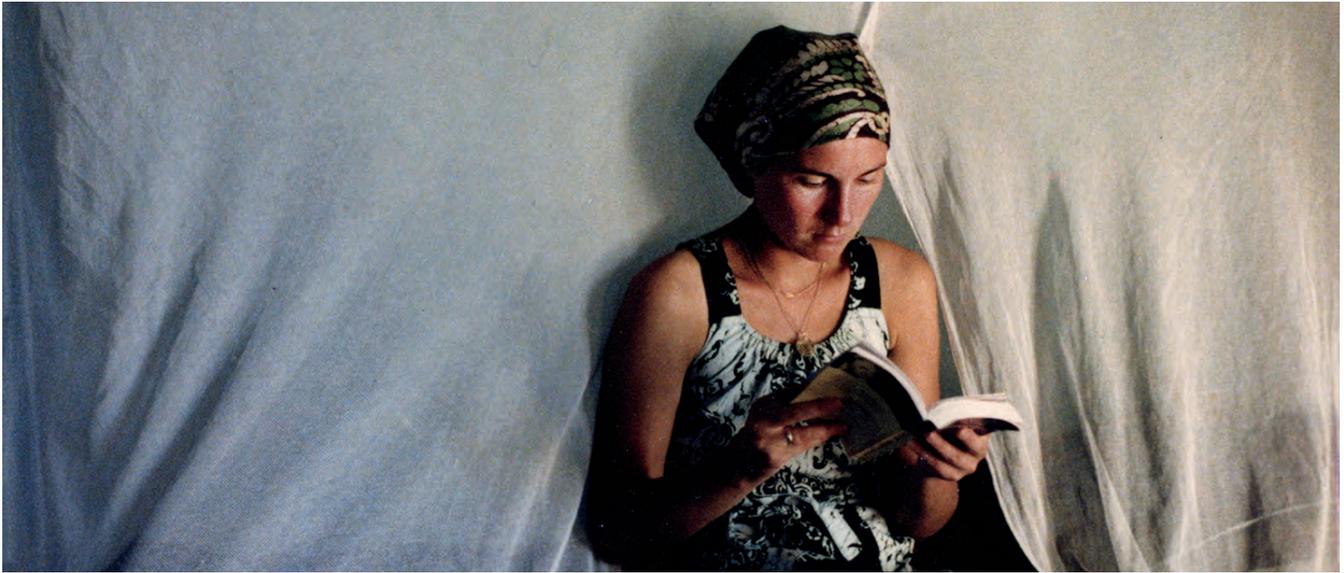
Our Trip Around the World
9781771603775, \$22.00

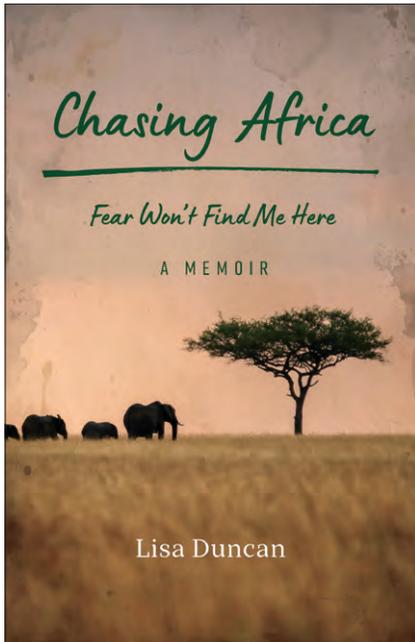


A Story of Karma: Finding Love and Truth in the Lost Valley of the Himalaya
9781771604673, \$25.00



The Secret Marathon: Empowering Women and Girls in Afghanistan through Sport
9781771602990, \$25.00





Travel Writing / Memoir
 October 2022 • \$25.00
 9781771605816 • softcover
 5.5" x 8.5", 336 pages
 Author's home: Squamish, BC
 Rocky Mountain Books
 RIGHTS HELD: World, all languages
 AVAILABLE VIA UTP: No
 Ebook also available

MARKETING & PROMO:

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Chasing Africa

Fear Won't Find Me Here – A Memoir

Lisa Duncan

Chasing Africa delicately explores the loss of identity, the gift of health and adventure, and the courage to put oneself first despite guilt, fear, and the pull of family.

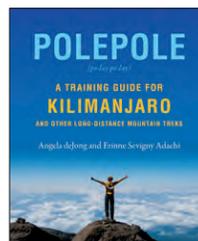
As a teenager, Lisa couldn't wait to escape suburbia and travel the world. Years later, as a healthy young climber, she was confronted with the depressing realities of her dad's and her brother's neurological diseases: Parkinson's and progressive multiple sclerosis. In 1996, after watching her dad's and brother's bodies fail for five years, she was determined to push fear, worry, and guilt aside to reclaim her adventurous identity the only way she knew how: travel to Africa on her own.

Without Google Maps or the internet, Lisa relied on herself, fellow adventurers, and the kindness of locals while navigating unknown territory. She ascended the magical dunes of Namibia in sole-sizzling heat, paddled the Zambezi River among crocs and hippos, went hiking alone in the Chimanimani mountains, and attended a witchcraft healing ceremony on the remote island of Likoma. Lisa's unpredictable adventures and serendipitous setbacks taught her that wonderful things happen when she lets go of guilt and fear. Despite her solitary nature, Lisa discovered that being brave doesn't mean she has to do it alone. For over two decades, these lessons stayed with her as she grappled with her dad's and her brother's lengthy illnesses and witnessed the toll it took on her mom as their caregiver.

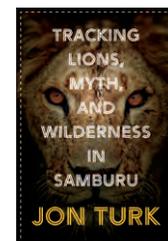
Lisa Duncan's outdoor pursuits have taken her all over the world. She has been an educator for over two decades, teaching Japanese as a second language and visual art for most of her career. She holds a BA in art history and an MA in environmental education and communication. When she isn't teaching, writing, or travelling, she spends her time hiking, running, and biking the trails near her home in Squamish, British Columbia.

OF RELATED INTEREST

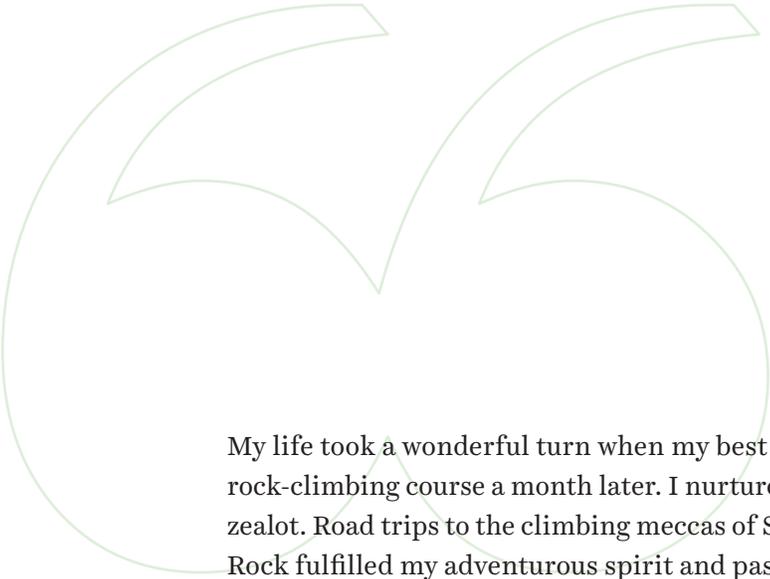
Be Free: Mountains, Mishaps, and Miracles in Africa
 9781771605175, \$25.00



Polepole: A Training Guide for Kilimanjaro and Other Long-Distance Mountain Treks
 9781771603133, \$35.00



Tracking Lions, Myth, and Wilderness in Samburu
 9781771604734, \$30.00



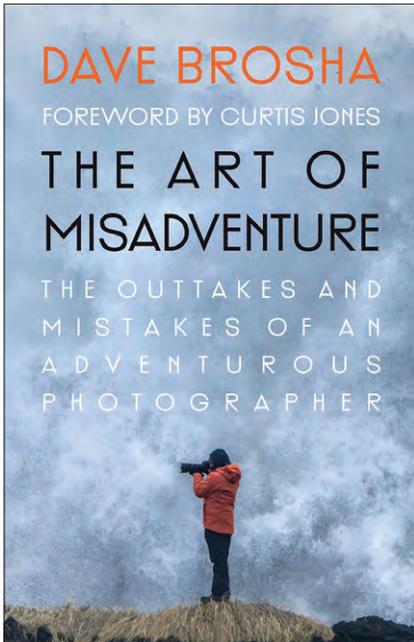
My life took a wonderful turn when my best friend and I signed up for a rock-climbing course a month later. I nurtured this new-found love like a zealot. Road trips to the climbing meccas of Squamish, Skaha, and Smith Rock fulfilled my adventurous spirit and passion for the outdoors. Dad's and Russ's prognoses were depressing, but there was nothing wrong with my body. Climbing made me feel powerful. In control. It forced me to focus on the present while distracting me from family worries.

After returning home from my adrenalin-filled trips, though, the gravity of my family circumstances always set in. The short-lived thrill of my outdoor adventures was bittersweet. When I went home to visit, I kept my mountain escapades to myself. Describing a pristine alpine hike or recapping how I lead-climbed up a technical rock face made me feel like I was flaunting my healthy body and freedom.

Before Dad and Russ got sick, I had always envisioned myself travelling for longer periods and maybe working overseas. Now the prospect of being away for more than a week or two made me anxious and fearful. I needed to step things up a notch, get away for longer on my own. Backpacking in Africa seemed like a logical step toward reclaiming myself. I needed tangible proof I could become the version of myself I always thought I'd become: Brave. Adventurous. Unwilling to compromise or give into fear.

This would be my trip of a lifetime.

— from *Chasing Africa*



Photography / Memoir
October 2022 • \$25.00
9781771604635 • softcover
5.5" x 8.5", 264 pages, colour section
Author's home: St. Ann, PEI
Author's home: St. John's, NL
Rocky Mountain Books
RIGHTS HELD: World, all languages
AVAILABLE VIA UTP: Yes
Ebook also available

MARKETING & PROMO:

- National, regional, and subject-specific print features, excerpts, review coverage, broadcast and television interviews
• Publicity and promotion in conjunction with author's speaking engagements
• Social media campaigns, blogger outreach, digital collateral for online use
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• Excerpts available
• Electronic ARCs

The Art of Misadventure

The Outtakes and Mistakes of an Adventurous Photographer

Dave Brosha

Foreword by Curtis Jones

Experience the quirky missteps, humorous adventures, and professional development of a renowned Canadian photographer in this entertaining memoir.

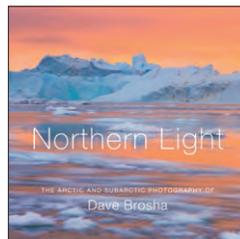
Join Canadian photographer, explorer, Fellow of the Royal Canadian Geographical Society, father, and writer Dave Brosha as he lays out a touching recollection of a life off the beaten track with a dash of adventure, a dash of determination, a dash of humour, a dash of self-deprecation, and two dashes of ridiculous.

Life shouldn't be about a collection of possessions, but rather a melange of experiences. Dave leaves no holds barred in the retelling of some of his grand (mis)adventures as one of Canada's premier adventure photographers.

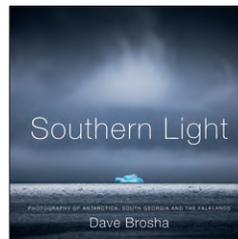
Dave Brosha has had exhibitions of his work in the Northwest Territories and elsewhere in Canada as well as in the United States, the United Kingdom, Spain, and Germany. His images have appeared in Photo Life, Practical Photography, Canadian Geographic, Maclean's, The Independent (UK), The Globe and Mail, The Sunday Telegraph, China News, The Guardian, Tehran Times, Montreal Gazette, Outdoor Photographer and many more. He and his family live in St. Ann, Prince Edward Island.

Curtis Jones has spent most of his career saturating himself in the polar regions of the planet, dividing his residency between Newfoundland & Labrador and Nunavut, Canada. Working for both the private and the public sectors, he has documented work for environmental initiatives, literacy, Canadian national parks, climate change, and tourism in the Canadian Arctic. His work has been seen in National Geographic Adventure, Canadian Geographic, The Globe and Mail, and more. Curtis lives in St. John's, Newfoundland & Labrador.

OF RELATED INTEREST



Northern Light: The Arctic and Subarctic Photography of Dave Brosha
9781771602983, \$50.00



Southern Light: Photography of Antarctica, South Georgia, and the Falkland Islands
9781771604253, \$60.00

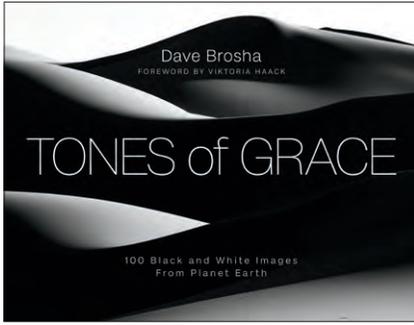


What you're about to read is true. Everything I wrote in this book happened. In retrospect, however, it does sound a little crazy, but, quite frankly — *you can't make this shit up.*

The experiences happened, to the absolute best of my memory (and checked against the memories of people who were there); it's the exact words and conversations I'm taking a few liberties with. Do I know exactly what I said when I was six years old? No, and I doubt you do either. I'd be lucky to remember what colour underwear I'm wearing as I type this without checking. Bottom line, I have no clue exactly what my mother said after I ran away, or what Chris O'Neill said to me after I sucker-punched him, or the exact progression of words in my brain when I found myself face-to-face with three polar bears. I think I can imagine what those words were with a high degree of accuracy, but I'm going to take a few leaps here and there. The words may not be verbatim, but the spirit of the conversations, thoughts, and interactions I'll stand behind, completely. In the case of the polar bears, there might have been a cascade of not-so-safe-for-work language that would make your mother cringe. You'll have to excuse me when my language in this book is a little "colourful", here and there. It reflects reality.

This is not a how-to guide, a proclamation of the virtues of being misguided, or an extolment. I'm not advocating for anything in particular, even as I share many specific words. These are simply misadventures, both in the world of outdoor adventure...as well as in everyday life. This is a collection of stories, recounting—simply—what was. Why? Because shared stories are found treasures—and we could all use a little more wealth. I hope you share your own treasures, someday.

— from *The Art of Misadventure*



Photography / Landscape
 September 2022 • \$50.00
 9781771605861 • hardcover
 11" x 8.5", 224 pages, b&w photographs
 Author's home: St. Ann, PEI
 Author's home: Salmon Arm, BC
 Rocky Mountain Books
 RIGHTS HELD: World, all languages
 AVAILABLE VIA UTP: Yes
 Ebook also available

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Tones of Grace

100 Black and White Images From Planet Earth

Dave Brosha

Foreword by Viktoria Haack

A curated collection of 100 stunning black and white images from some of the world's more unique locations.

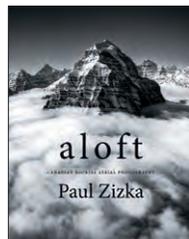
In *Tones of Grace*, Canadian photographer Dave Brosha presents 100 meticulously crafted black and white images of the world around us, including landscapes, seascapes, cityscapes, and the majesty of wildlife. Rather than simply a collection of monochrome photos, however, Brosha presents us with his masterful visual introspections, each a moment that combines experience, passion, dedication, craft, and experience to enable the viewer to look upon “the world out there” from a different perspective.

With subjects as diverse as Antarctic penguins, soaring mountain tops, desert sands, apartment buildings, crows, wild horses, and highways, each page is a journey – a viewpoint of the world at large – that will make you look a little more closely at your own personal environment.

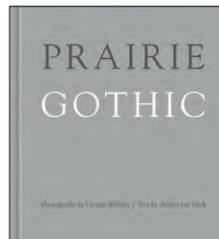
Dave Brosha's images have appeared in *Photo Life*, *Practical Photography*, *Canadian Geographic*, *Maclean's*, *The Independent* (UK), *The Globe and Mail*, *The Sunday Telegraph*, *China News*, *The Guardian*, *Tehran Times*, *Montreal Gazette*, *Outdoor Photographer* and many more. He and his family live in St. Ann, Prince Edward Island.

Viktoria Haack has been published by numerous media around the globe, including the BBC, CBC, *N Photo Magazine*, *Outdoor Photography*, *Practical Photography*, *Photo Life*, *Canadian Geographic*, *Vogue Italia* and the cover of *Digital Photo*. She is a freelance writer for *PHOTONews* magazine and was a regular contributor to *Outdoor Photography Canada Magazine*. Viktoria lives in Salmon Arm, British Columbia.

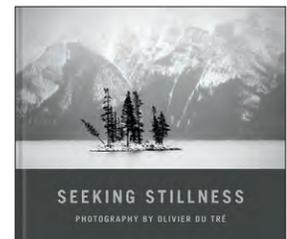
OF RELATED INTEREST



Aloft: Canadian Rockies Aerial Photography
9781771603973, \$45.00

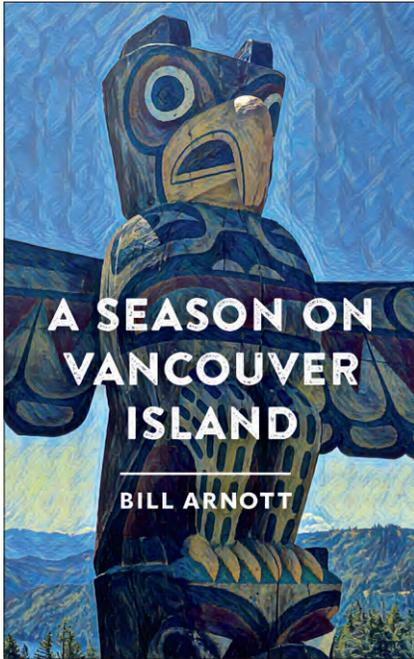


Prairie Gothic
9781927330272, \$50.00



Seeking Stillness: Photography by Olivier Du Tré
9781771602303, \$35.00





A Season on Vancouver Island

Bill Arnott

A beautiful collection of images and short travel essays highlighting the fun, eclectic, and unique nature of Vancouver Island and the attraction it has for travellers and tourists from across Canada and around the world.

Join intrepid travel writer Bill Arnott as he escapes the confines of life in Vancouver for an epic and quirky road trip around Vancouver Island and to some of the surrounding smaller islands. Hitting all of the high points and chatting with locals along the way, Bill discovers why Vancouver Island has become one of western North America's top tourist destinations. From great food to wonderful wine, stunning natural habitats and memorable encounters with wildlife, Bill paints a charming picture of life on Canada's West Coast.

Featuring original colour artwork throughout, *A Season on Vancouver Island* is a unique gift for anyone who has ever spent time on Vancouver Island.

Local Interest (BC) / Travel Writing

September 2022 • \$20.00

9781771605779 • softcover with flaps

4.25" x 6.75", 120 pages, colour illustrations

Author's home: Vancouver, BC

Illustrator's home:

Rocky Mountain Books

RIGHTS HELD: World, all languages

AVAILABLE VIA UTP: No

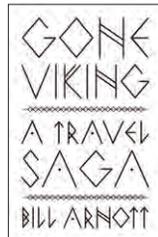
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Bill Arnott is a songwriter, poet, and author of the bestselling travelogue *Gone Viking: A Travel Saga* (Whistler Independent Book Awards Finalist and American Book Fest International Book Awards Finalist), *Gone Viking II: Beyond Boundaries*, *A Season on Vancouver Island*, and *Wonderful Magical Words*. His work has been published in literary journals in Canada, the US and UK, Europe, Asia, and Australia, and his column "Bill Arnott's Beat" is a feature in several magazines. Bill has received awards for prose, poetry, and songwriting and is the creator of "Bill's Artist Showcase." For his eight-year *Gone Viking* expedition he was awarded a fellowship in London's Royal Geographical Society. When not trekking the globe with a small pack and his journal, or showing off cooking skills as a culinary-school dropout, Bill can be found on Canada's west coast, making friends and misbehaving. Visit billarnottapps.wordpress.com.

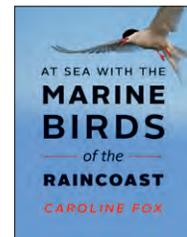
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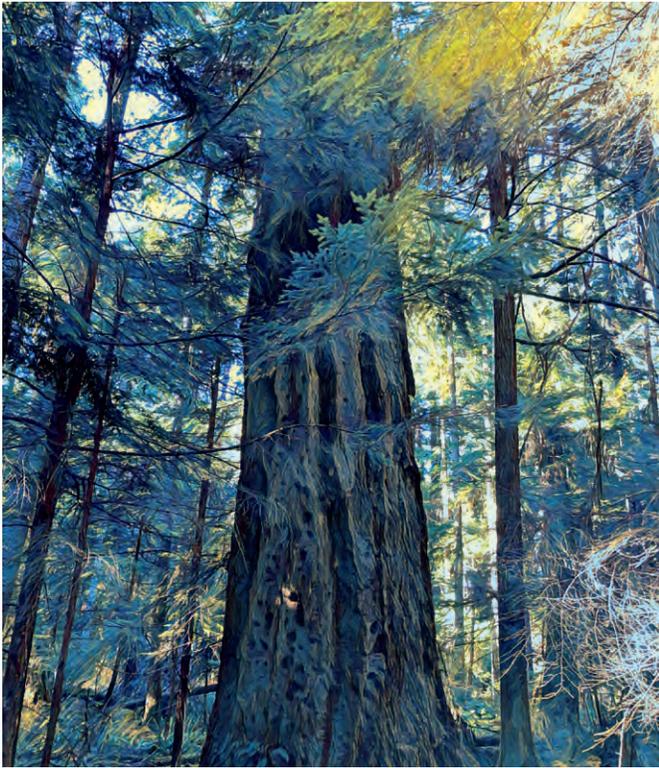
Gone Viking: A Travel Saga
9781771604475, \$25.00

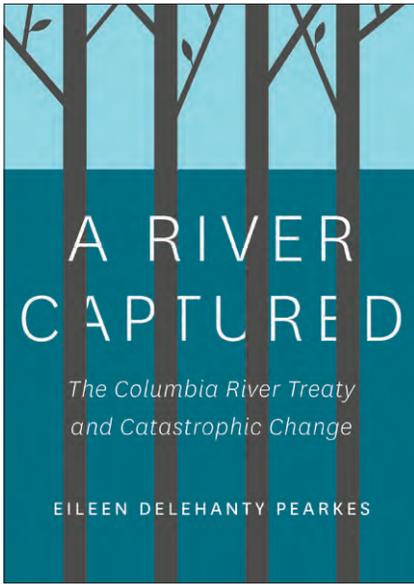


Gone Viking II: Beyond Boundaries
9781771605434, \$28.00



At Sea with the Marine Birds of the Raincoast
9781771601627, \$25.00





A River Captured

The Columbia River Treaty and Catastrophic Change - Revised and Updated

Eileen Delehanty Pearkes

A River Captured explores the controversial history of the Columbia River Treaty and its impact on the ecosystems, Indigenous peoples, contemporary culture, cross-border politics and recent history of the Pacific Northwest.

Long lauded as a model of international co-operation, the Columbia River Treaty governs the storage and management of the waters of the upper Columbia River basin, a region rich in water resources and with a natural geography well suited to hydroelectric megaprojects. The Treaty also displaced more than 2,000 residents of over a dozen communities, flooded and destroyed archaeological sites, and upended once-healthy fisheries.

Paying special attention to First Nations history, ecology, economics, politics, and Canada-US relations, this investigative work weaves from the present day to the past and back again in an engaging and unflinching examination of how and why Canada decided to sell water storage rights to American interests.

With one of the Treaty's provisions set to change in 2024 and termination of the treaty requiring a 10-year notice period, this updated edition of *A River Captured* looks at the destructive mistakes of our collective past in order to save us from an even more difficult future

Eileen Delehanty Pearkes is a writer who explores landscape and the human imagination, with a focus on the history of the upper Columbia River and its tributaries. Born in the United States, educated at Stanford University (BA, English) and the University of British Columbia (MA, English), Eileen has been a resident of Canada since 1985. She lives in Nelson, British Columbia.

Local Interest (BC) / Conservation & Environment

September 2022 • \$25.00

9781771605236 • softcover

5.75" x 7.75", 288 pages, b&w photographs, illustrations, and maps

Author's home: Nelson, BC

Rocky Mountain Books

RIGHTS HELD: World, all languages

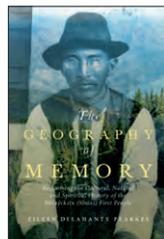
AVAILABLE VIA UTP: No

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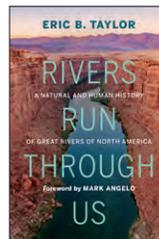
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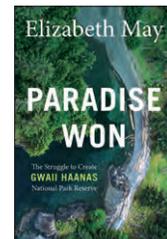
OF RELATED INTEREST



The Geography of Memory: Reclaiming the Cultural, Natural and Spiritual History of the Snayackstx (Sinixt) First People
9781771605212, \$30.00



Rivers Run Through Us: A Natural and Human History of Great Rivers of North America
9781771605113, \$38.00



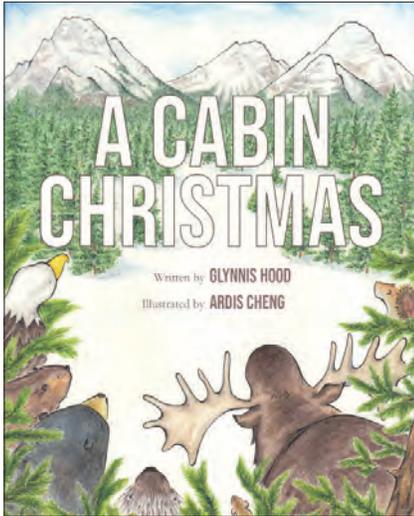
Paradise Won: The Struggle to Create Gwaii Haanas National Park Reserve
9781771604581, \$25.00



“History tells two stories of the Columbia River Treaty. One of a model international agreement of cooperation and mutual advantage between two countries. Another, beneath the surface or largely forgotten, of an ecosystem and a way of life upended by corporate greed and betrayal. The widely praised national and international benefits of CRT water impoundment do not extend to the region that provides them. The landscape is a handmaiden for the whole system of dams, profitable hydro-generation and copious irrigation supply.

The development of water resources in the upper Columbia region offers some universal truths about the North American settler culture. It is not the first story of modern humanity’s often paradoxical relationship with the natural world and its resources, nor am I idealistic enough to assume it will be the last. We live in a time when prosperity seems all too dependent upon use and abuse of the resources we hold as a common good. This story exemplifies the short-term view that often governs our choices. As I journeyed from one corner of the upper Columbia basin to another, I learned to ask three questions: what has changed in the landscape where I live, who changed it, and why? Wherever you live, I encourage you to do the same. In the answer to these questions may well lie the key to our future.

—from *A River Captured*



Children's Picture Book - Fiction (ages 4-8)

September 2022

9781771605830 • hardcover with dj • \$20.00

9781771605847 • softcover • \$15.00

8" x 10", 32 pages, colour illustrations

Author's home: Camrose, AB

Author's home: Melbourne, AU

Rocky Mountain Books

RIGHTS HELD: World, all languages

AVAILABLE VIA UTP: No

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A Cabin Christmas

Story by Glynnis Hood

Illustrations by Ardis Cheng

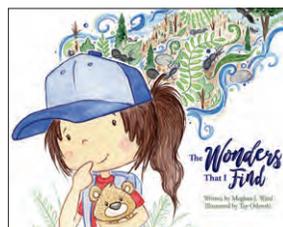
Colourful and lively illustrations draw you into a touching tale about how a community of all shapes and sizes comes together, just in time for Christmas.

Hello, moose, says the girl. Hello, beaver! Hello, squirrel! Every morning she leaves her family cabin in the woods to visit her forest and wetland friends. With winter coming, Christmas excitement is building and there is an extra big smile on her face as her "hellos" echo across the forest. Her furry friends are also preparing for winter and are very happy to listen as they chew the last of the fresh stems along the pond, while the bear searches for a cozy den for the winter. All is right with the world until an unexpected challenge for the girl and her family brings team forest (and wetland) together to make it the best Christmas ever! It is the girl's love and respect for the animals that bring their love and respect back to her doorstep.

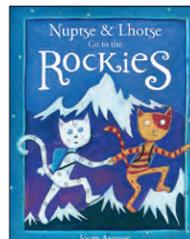
Glynnis Hood grew up in the Creston Valley in southeastern British Columbia. She completed a PhD in biological sciences at the University of Alberta on wildlife and wetland ecology and is now a professor of environmental science at the University's Augustana campus. She is the author of *The Beaver Manifesto* (Rocky Mountain Books) and *Semi-aquatic Mammals: Ecology and Biology* (Johns Hopkins University Press). Glynnis lives in Camrose, Alberta.

Ardis Cheng is originally from Calgary, Alberta. While hopping between France, the US, Canada, and Australia for love, Ardis began creating picture books and illustrations about her travels. Her works attempt to capture and share, with a touch of humour, the sights, sounds, customs, and spirit of the people and wildlife she met along the way. Visit her at ardischeng.com.

OF RELATED INTEREST



The Wonders That I Find
9781771604444, \$20.00

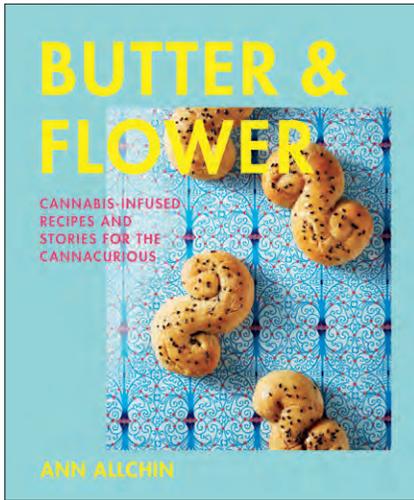


Nuptse and Lhotse Go To the Rockies
9781771601528, \$18.00



Nuptse and Lhotse Go to Iceland
9781771601245, \$18.00





Food & Drink / Baking
September 2022 • \$45.00
9781771513708 • hardcover, paper over board
 7.5" x 9", 240 pages, full colour
 Author's home: Toronto, ON
 TouchWood Editions
 RIGHTS HELD: North America, English
 AVAILABLE VIA UTP: Yes
 Ebook also available

MARKETING & PROMO:

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- Electronic ARCs

Butter and Flower

Cannabis-Infused Recipes and Stories for the Cannacurious
Ann Allchin

Straightforward recipes for cannabis-infused treats that will elevate your enjoyment of the recreational and medicinal benefits of edibles, accompanied by stories from those who partake.

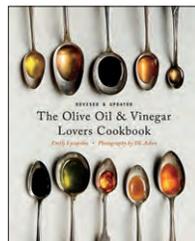
A self-described wholesome hockey mom, Ann Allchin goes for bike rides, hangs at the dog park, and bakes on Saturdays. But much to her kids' embarrassment, when Ann bakes, it's most often with cannabis. She got her start baking cookies for a relative who suffered from debilitating migraines, and has since introduced many to the medicinal and recreational benefits of baking with flower.

Based on foundational recipes for cannabis-infused butter, oils, and sugar, the book includes 40 recipes with classics like blondies and oatmeal raisin cookies, chocolate-forward desserts, fruity and nutty concoctions, and a few savoury bites. With vivid photos and sophisticated food styling, an opener on health and safety, guidelines on the basic math for moderate, straightforward dosing, and a glossary of cannabis terms, this is so much better than the scribbled recipe for your roommate's lumpy hash brownies.

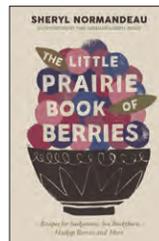
More than a cookbook, *Butter and Flower* also features stories from cannabis activists, a legal defender and defendants, entrepreneurs, medicinal users, and healthcare practitioners. It's a diverse collection of stories of lives lived under the War on Drugs, including revelations with mental and physical health, the road to legalization, and hopes for the future of cannabis use.

Ann Allchin began baking with cannabis to help a family member who struggles with debilitating migraines. She has a Bachelor of Science in Neuroscience and English and a Master of Education, and is a passionate advocate for social justice and dispelling the social stigmas around cannabis use. She lives in Toronto with her husband, two kids, and two dogs. You can visit her online at annallchin.com.

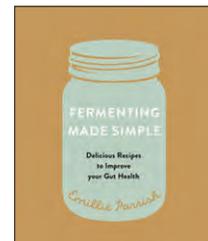
OF RELATED INTEREST



The Olive Oil and Vinegar Lovers Cookbook, Revised and Updated
 9781771513029, \$45.00



The Little Prairie Book of Berries
 9781771513425, \$25.00



Fermenting Made Simple
 9781771513647, \$32.00



CLASSICS



Not Just Chocolate Chip Cookies

Easier than cookies and milk.

SUGGESTED MOOD/STRAIN

Chocolate Chip Cookies is a balanced strain with calming effects. Just like mom used to make, right?

Makes 21 cookies with 6 THp cannabutter (about 5 mg THC per cookie).

6 THp (85 g) cannabutter
 ½ cup + 2 THp (142 g) unsalted butter, room temperature
 ¾ cup (150 g) brown sugar
 ¼ cup (50 g) granulated sugar
 1 egg + 1 yolk
 1 tsp vanilla extract
 2 cups (284 g) all-purpose flour
 1 tsp baking powder
 1 tsp baking soda
 Dash of salt
 2 cups (340 g) high-quality chocolate chips

Preheat oven to 375°F.

Melt the cannabutter in a double boiler or in a heat-proof bowl over a pot of simmering water. Line baking sheet(s) with parchment paper.

With your favourite mixer, combine cannabutter, butter, and sugars. Add the egg, yolk, and vanilla.

In a new bowl, combine the flour, baking powder, baking soda, and salt. Add dry ingredients to the butter and sugar mixture in a few additions.

Add the chocolate chips (I like milk chocolate, but you do you).

Use a 1-THp cookie scoop to drop oiled dough globs onto the prepared baking sheet(s), keeping cookies a few inches apart.

Bake in the oven for about 8 minutes. Let the cookies cool on the baking sheet(s) before moving them to a rack.

✦ 33 ✦



Sarah Campbell

Sarah Campbell is an herbal gardener and medicine maker based in Duncan, on Vancouver Island, in British Columbia. She works at Great Gardener Farms and is a founding director of the Craft Cannabis Association of BC. Sarah also spent years volunteering for the Vancouver Island Compassion Society (VICS), which was forced to close in 2019, despite having 2,000 members. I spoke with Sarah on her mobile while she was in the middle of a field, planting cannabis.

My history with cannabis is pretty colourful. My parents liked to smoke weed, so I became familiar with the plant at an early age. I've always been loud and proud about my cannabis use, but my first growing experience was in university. I had a few plants under an HP light under the stars, and I had no idea what I was doing. The bud was barely smokable, but I fell in love with those plants and really enjoyed the process. I was living in Ontario at that time, but I knew that BC was really the mecca for the cannabis movement. I told my parents that we were going to legalize cannabis one day, and they laughed, and said, "Oh yeah, we said that too, Sarah." I was serious.

I traveled to BC to visit friends in 1998 and never went home. Within a few months of being on Vancouver Island, I met Philippe Lucas, director of the Vancouver Island Compassion Society, a

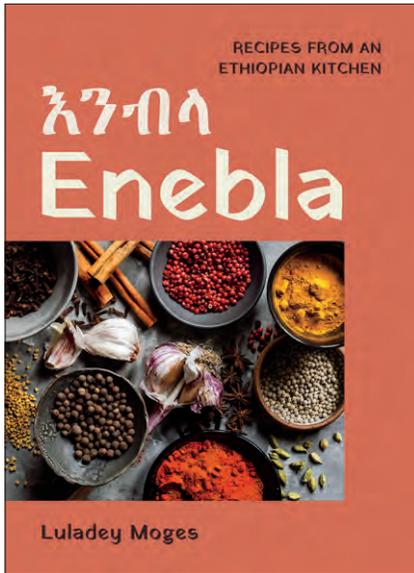
compassion club in Victoria. This was in the very early days of the medical cannabis movement. I believe the VICS started in 1998 and was one of just three compassion clubs in Canada. The work Philippe was doing at the VICS was incredibly inspiring, and I wanted to be a part of it—just the energy he had, and the drive to find a way for patients to have access, critically and chronically ill patients. Members were expected to die, or they had really severe conditions. Cannabis was often a last resort. It was about community, education, and supporting one another.

Then the VICS got nabbed. And Philippe called the police. Philippe had taught kindergarten before he began this journey with cannabis—he had that schoolteacher firm will. He was a believer that he was doing nothing wrong, and he was really adamant about that. But low and behold, after he reported the theft, I think it was the next day that the police showed up and raided the VICS, and a very lengthy court case began.

But this was the whole evolution that was necessary. Like that court case—it was one of the early high-profile cannabis cases in Canada. Many witnesses traveled to testify, including senators. And the patients, too, took the stand to testify. Sick people went through that stressful experience, just to explain that this medicine was helping them with their quality of life. And in the end, the judge—Hagiga-Bohman was his name—granted Philippe an absolute discharge and praised the work being done at the VICS. It was

✦ 36 ✦

✦ 37 ✦



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Enebla

Recipes from an Ethiopian Kitchen

Luladey Moges

This collection of 65+ recipes, vivid photography, and family anecdotes is an accessible, authentic introduction to Ethiopian cuisine. Learn to make injera, wot stews, hearty tibs, and more.

"*Enebla* is a beautiful cookbook with insights of Lula's family diaspora told through the recipes. My favorite type of cookbook." –Tu David Phu, Top Chef Alumnus

People love Ethiopian cuisine for its unique combination of spices, aromas, and sociability. Dishes are served to be shared with family and friends, and unlike many cuisines, Ethiopian food has traditions of vegetarianism that make it particularly popular among meat-free cooks and diners (though *Enebla* offers plenty of meat-based recipes too). However, it can seem baffling to the outsider. Where can you get spicy berbere? How do you make injera? And doesn't it all take hours to prepare?

In *Enebla* (which means *let's eat!*), Luladey Moges shares authentic family favourite recipes for aromatic wot stews, a hearty tibs, breakfast scrambles, colourful salads of pulses and fresh vegetables, authentic injera sourdough flatbread, and even a traditional Ethiopian coffee ceremony, all accompanied by lush food styling alongside family photos and ephemera.

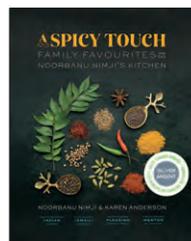
As Lula's parents used to say, "We might live in America but once you come home, this is Ethiopia." With her accessible recipes, inviting anecdotes, and an extensive glossary that invites curious cooks to learn more about the Amharic language and Ethiopian ingredients, Lula invites you to make your kitchen Ethiopia no matter where you live. Let's eat!

Born in Addis Ababa, **Luladey "Lula" Moges** moved to the United States with her family at the age of twelve and learned the art of Ethiopian cuisine from her grandmother, mother, and aunts. Her busy career in hospitality was initially an obstacle to home-cooking—as many recipes require several hours to develop a full-bodied flavour—so she has spent years developing real-world recipes that deliver authentic, mom-approved fare in an hour or less. Lula lives in Los Angeles.

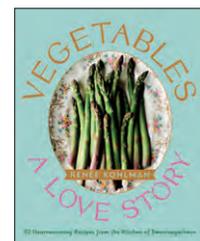
OF RELATED INTEREST



Milk, Spice and Curry Leaves
 9781771513296, \$35.00



A Spicy Touch
 9781771513333, \$40.00



Vegetables: A Love Story
 9781771513401, \$45.00



INTRODUCTION

Ethiopia is located in the Horn of Africa. Rich in history, culture, and natural resources—Ere, possibly the most famous forest in the world, was discovered in the Hadar region and dates back three million years—it is one of only two nations in Africa that have never been colonized, despite several attempts by the British. Palaeoanthropologists consider Ethiopia to be the epicenter of the cradle of humankind and civilization. It is also my homeland.

I was born in Addis Ababa, the capital of Ethiopia, in the mid-1970s. My memories of my early childhood are filled with playing outside for hours in our garden with my siblings and our family dog, Bepi. My dad was very into tanning and gardening and had several plants, herbs, and trees like apples, coffee, lemons, and tomatoes to list a few. My brother and I would always try to sneak an apple or a tomato without my father finding out, but he always managed to know—or to catch us in the act.

We were fortunate enough to have help at home. Once my schoolbook was done, I would sneak into the kitchen and watch the maids cook our meals. They prepared most of the meals in the second kitchen of the house, which was a place I was not allowed to go as a child. There were a lot of open flames, but cooks that were not always attended to, and the smell, the very hot steam—my grill when the maids cooked the injera. As an adult, I understand why it was not a place for a child, but back then I found every excuse to sneak in and watch and learn. Those moments are where my love for food and cooking began.

My love of food and cooking was nurtured in other ways as well. I shared my family's weekend visits to my grandparents' home where I would watch my grandmother and my auntie cook. I also had a chance to cook with my grandmother on those weekends, but my favorite thing of all was watching her make her special dumplings (checheche new, page 55). But even though I watched her for hours and even learned her secret recipe, the reality is that I



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Appetizers,
Snacks &
Side Dishes

Appetizers are not as common in Ethiopian cuisine as they are in Western cuisines, as meals are served family-style on one dish or platter and are meant for sharing. However, our side dishes are designed to be enjoyed alone or to grace up any main dish. In all the recipes in this chapter can also be served as appetizers or snacks.



Ye Misir | Sambusa (Ethiopian Lentil Samosa)
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Sambusa is a pastry filled with lentils or beef, similar to the Indian samosa. It was one of my favorite snacks when I was growing up. Actually, it's still a favorite. It is served as an appetizer or a snack.

Serves 4-6

- 1 cup brown lentils
- 1 medium yellow onion, diced
- 1/2 cup oil
- 2 jalapeños, deseeded and diced
- 2 cloves garlic, diced
- 1 teaspoon grated ginger
- 1 teaspoon ground coriander
- Salt and pepper
- 1/2 (17-ounce) package egg roll/spring roll wraps (or 8 sheets of phyllo pastry, halved)
- Vegetable oil for frying (about 4 cups)

Place the lentils in a pot, add enough water to cover them by 2 inches, and bring to a boil over medium heat. Cook, stirring occasionally, until the lentils are at least, about 3 minutes. You don't want them fully cooked or mushy. Remove from the heat, drain, and set aside.

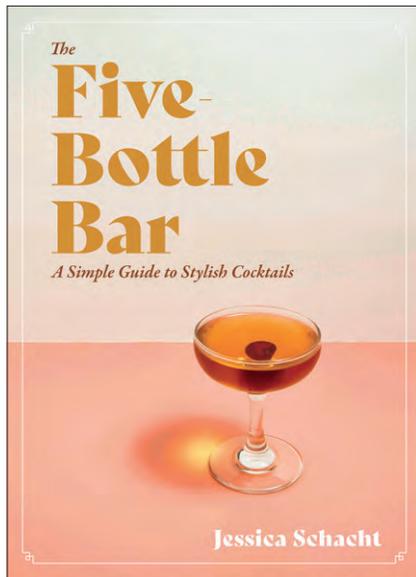
Place the onions and oil in a skillet. Cook over medium heat until the onions are translucent and beginning to brown, about 5 minutes. Stir in the jalapeños, garlic, and ginger. Cook to soften slightly, about 3 minutes. Stir in the lentils and coriander, making sure the lentils don't over-charge. Turn down the heat to low, add salt and pepper to taste, and stir. Cover the pot and let cook, stirring occasionally, until the lentils are fully cooked, 8-10 minutes. Remove from the heat and set aside.

Working with one egg roll wrapper at a time, fold each sheet into a cone and add 2 tablespoons of lentils. Fold in the top edges of the wrapper to close it, brush a little water along each edge, and seal. Repeat the process with the remaining wrappers and filling.

Place 4 cups of oil in a deep, heavy-bottomed pot. The oil should be at least 4 inches deep but it shouldn't come more than halfway up the sides of the pot, so when the amount is required. Place the pot over high heat and bring the oil to boiling point (365°F). Deep-fry a few sambusas at a time, making sure they are submerged in the oil and gently turning them as they cook evenly on each side. Give the oil a few minutes to return to temperature between batches. Once they are golden brown, about 5 minutes, use a slotted spoon to remove them from the pot and place on paper towel or parchment paper to drain the oil.

Serve while warm with a side of sauce—my personal favorite are sauce (page 52) or kechoche (page 53)—or by itself.

NOTE: For the meat version of this dish, called Ye Misir (Ethiopian beef sambusa) — ያሳሳ ለሞላ, substitute the lentils with 1 pound of ground beef. Place the beef in a pot and add enough water to cover it by 2 inches. Bring to a boil over medium heat and cook, stirring occasionally, until the meat is browned but not fully cooked, about 5 minutes. Remove from the heat, drain, and follow the method above from step 2 to the end.



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The Five-Bottle Bar

A Simple Guide to Stylish Cocktails

Jessica Schacht

From the co-founder of Ampersand Distilling Company, a collection of cocktail recipes that relies on just five bottles to build your bartending style with ease and confidence.

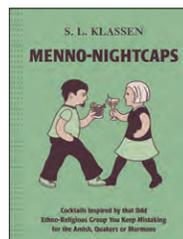
Think of it as the capsule closet for cocktails. Five bottles around which your inner bartender can emerge with skill, savvy and a little flare for the dramatic when it's called for.

The bottles: gin, whiskey, sweet and dry vermouth, and Campari (plus bonus recipes for bubbly). The setting: living room, backyard, window seat, and the wild beyond. The mixologist? Oh, that's you.

In this beautifully photographed collection, Jessica Schacht, co-founder of Ampersand Distilling Company, presents her take on classics (like the G&T, the Old Fashioned, the Martini, and the Negroni), collections (sours, punches, and such), and contemporaries (a few inventive new drinks to pique your creativity). There's a chapter of zero-proofs in part inspired by the abundance of new alcohol-free spirits on the market now, and another dedicated to keeping your vacation drinks game class, from the airplane to the B&B to the beach.

In addition to the recipes *The Five-Bottle Bar* supplies a solid foundation in bartending basics (tools, techniques, thoughts on glassware and garnishes), the condensed history of spirits, and tips for setting up your minimalist bar cart.

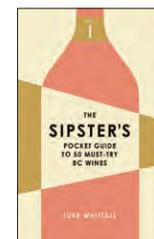
Jessica Schacht is the cofounder of the multigenerational family-run Ampersand Distilling Company and author of the History Glass column in the *Cowichan Valley Voice*. When she's not whipping up new recipes for the distillery, you can bet she's tending to her garden or walking in the woods. She is grateful to live in the Cowichan Valley in the home she shares with her husband and sons.

OF RELATED INTEREST

Menno-Nightcaps
 9781771513586, \$26.00



The Distilleries of Vancouver Island
 9781771513326, \$25.00



The Sipster's Pocket Guide to 50 Must-Try BC Wines
 9781771513609, \$20.00



The Classics

Let's start with the crucial cocktails every gentleman should have in her repertoire. These recipes are the cornerstones of cocktail culture. Reaching back as far as the 1600s, many of these staples remain among the most popular cocktails today.

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72 Jessica Schacht

GIN SOUR

You really can't go wrong with gin, lemon, and foam. This classic showcases the gin with a sweet-sart flavor from the lemon juice and simple syrup. (You can also add bitters to make it a Gin Fizz!) Zola will thank you. Egg white is optional—using farm-fresh clean eggs is fine. Dry shaking—that's shaking without ice (see full directions below)—will yield a gorgeous frothy top.

2 oz gin
 ¾ oz fresh lemon juice
 ¼ oz simple syrup
 Half an egg white

Add all the ingredients to a cocktail shaker. Dry-shake vigorously. Open the shaker (be careful—stuff might fly out), and add ice. Shake again. Fine-strain into a chilled cocktail glass. Ogle the beautiful foam you have created, which needs no additional garnish (unless you really want to, but your lemon twist might sink).

EXPERIMENT: CLOVER CLUB

Here's a classic from the late 1800s that was a fave among literary types and other members of its exclusive club. So grab a book and sip on this delicious raspberry gin concoction. Slackers use grenadine instead of raspberry syrup, but . . . you know what's easier to get than grenadine? Raspberries. (To muddle them so delicately smooth stuff to release flavor/juice. Please don't do it in a glass for you break it.)

Continued . . .

Five Bottle Bar 73



170 Jessica Schacht

The Art of the Bar Cart

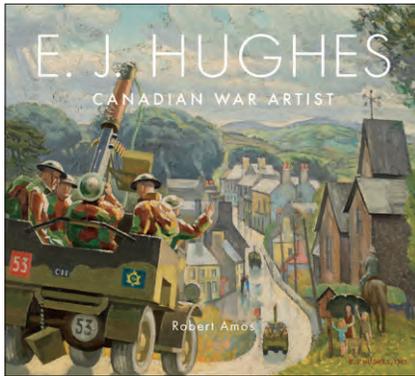
A bar cart can be a thing of beauty. After all, any place in your home where you place intention and practice a craft is a place of celebration. Plus, the glasses, jiggers, and shaming glassware you might find yourself collecting are . . . infinite. So it wouldn't be a gentleman's guide to cocktail making without a respectful nod to the artful bar cart. Although a good bar cart needn't even be a bar cart at all. In the past I've used butcher block tables, small dressers, and fancy silver or bronze trays to wrangle my bottles and tools. Currently I have a small white dresser with a round silver tray on top keeping my most in-use bottles and tools. Everything else is stored away in a cabinet with glass doors so I can admire my booze and glass collection while it remains safely out of harm's (and baby's) typical trajectory. Though, in hindsight, glass doors were perhaps not the most precise baby-proofing choice.

Here are the bar cart essentials:

- Gin, whisky, and amaro (remember: your two bottles of vermouth are in the fridge!)
- A bottle of aromatic bitters
- Cocktail shaker of choice
- Cocktail strainer (Hawthorne or clamshell)
- Stirring spoon (unless you're sticking with the barner knife, which can probably chill with the rest of its friends)
- Bottle opener
- Jigger or shot glass

If you have a SodaStream and it makes sense to put it in this area, do so—or acquire one of those beautiful vintage soda-water dispensers the landlady lives

Five Bottle Bar 171



E. J. Hughes: Canadian War Artist

Robert Amos

The third volume of this award-winning series showcases paintings and drawings E. J. Hughes created during the artist's war service in Ottawa, England, Wales, and Alaska.

"In this definitive history of Hughes's contributions, Robert Amos offers a penetrating study based on unique archival material and a deep analysis into hundreds of wartime works of art." —Tim Cook, *The Fight for History: 75 Years of Forgetting, Remembering, and Remaking of Canada's Second World War*

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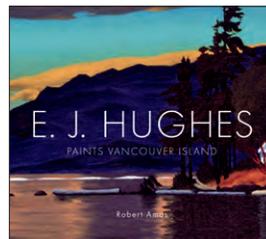
In this, the third volume of an award-winning series on artist E. J. Hughes (1913–2007), Robert Amos turns his focus to Hughes's service in the Second World War.

The narrative begins with Hughes's cadet days with the Seaforth Highlanders in Vancouver, followed by his enlistment at the Work Point Barracks in Esquimalt in 1939. Named the first "service artist" in 1941, he spent two winters in Ottawa before being attached to different regiments in England and Wales. His paintings of camp life and convoys reflect his keen attention to the details of vehicles, artillery, and uniforms. In 1943 on the Alaskan island of Kiska, he transformed sub-zero weather and howling gales into a powerful document of this remote theatre of war. He returned to Ottawa where he worked until 1946—Canada's first, last, and longest-serving War Artist of WWII. He was also the most prolific.

The book features seventy artworks from the Canadian War Museum's holdings, expanded with many personal photos and sketches from the artist's papers. With the care and knowledge of a fellow artist, Amos draws the reader into this important chapter in the life of E. J. Hughes and Canadian art.

Robert Amos has published eleven books on art and was the arts columnist for Victoria's *Times Colonist* newspaper for more than thirty years. Amos was elected to the Royal Canadian Academy of Arts in 1995 and is an Honorary Citizen of Victoria. He lives in Oak Bay, British Columbia, with his wife, artist Sarah Amos. Visit his website at robertamos.com.

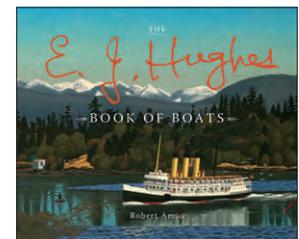
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9781771512558, \$35.00



E. J. Hughes Paints British Columbia
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The E. J. Hughes Book of Boats
9781771513364, \$22.00



Hughes and Fern at the entrance to Stanley Park (1938).
Photographer unknown

On October 16, 1933, Hughes, then twenty-four years old, met Fern Bonabelle Smith. He was drawing in Stanley Park one day when she stopped and asked permission to see what he was doing. They recognized a mutual sympathy immediately, and from that day on were devoted to each other under her death wish.

Hughes had spent the summer of 1937-1938 from Vancouver, working at the Brunswick Canneries on Rivers Island, during which time he barely covered his expenses. In 1938, during his second summer of gillnetting, Fern's grandmother wrote to him about the situation which was prevailing in Vancouver: "We had quite an exciting time when the unemployed men were evicted from Alibi Gallery and Post Office. There is much sympathy expressed here for the Bums. Hundreds of them have gone to Victoria to plead their case there. Hope they benefit by doing this." These were difficult times.

It was clear that Hughes and Fern were determined to get married, but first he needed to show he was capable of supporting a wife. Without viable prospects as a commercial artist, a mural painter, or a fisherman, a career in the military seemed to be his only available option. Hughes enlisted in the Canadian Army in late August of 1939.

Fort Maccauley: Royal Canadian Artillery (1939)

In August of 1939, E. J. Hughes penned a seven-page document in which he described his time as a war artist: "I called 'Hughes War Art' this memoir explained his approach to the Canadian Army:

"In August 1939 I was not quite making a living at art, and was not fully employed. I had my application in to several small permanent force (full time) military units, all of which had waiting lists. They were Princess Patricia's Canadian Light Infantry; the Royal Canadian Engineers and the Royal Canadian Artillery."

Within just a few weeks Germany invaded Poland. This act, on September 1, 1939, finally convinced France and Britain that the territorial ambitions of German dictator, Adolph Hitler, could not be appeased. After Berlin refused to withdraw from Poland, Britain and France declared war on September 3, 1939. A week later, on September 6, Canada did the same.

Hughes wrote: "All at once in September, as war was nearing, I received favourable answers from all three units. Although I had been in the Royal Canadian Engineers Cadets, the Seaforth Highlanders' Cadets and the Seaforth Battalion (part time infantry), I chose to join the Royal Canadian Artillery (Coast Artillery). I felt that the Princess Patricia's Canadian Light Infantry required a busker's build than I had, and I was not engineering-minded for the Royal Canadian Engineers. I had not applied for the Army Service Corps or the Medical Corps as I was not qualified for either."

On August 26, 1939, Hughes reported for duty at the Work Point gage of the Canadian Army Base at Esquimalt, just west of Victoria on Vancouver Island. His formal enlistment is registered on September 1, 1939. Of course, like an artillery man was not entirely unfamiliar to Hughes. His years as a cadet and time in the Seaforth Highlanders of Canada as a part-time infantry soldier had taught him military discipline and some of the skills he would need to succeed. As a new recruit he appreciated his smart and well-made new uniform because, like so many of his generation, he had never been able to afford good-quality clothing. Each badge and crest he received was full of significance to Hughes, and he wore them with great pride.

At the beginning of his army service Hughes wrote to Fern Smith frequently. These early letters, some while he was in training at Fort Maccauley in Esquimalt, were often illustrated with cartoons, giving a rare light-hearted glimpse of the thoughts of this very private man.

In a letter dated "mid of August 1939", E. J. Hughes wrote to Fern from Fort Maccauley, Esquimalt:

I am now definitely a professional soldier as I have passed the medical tests, sworn in, and received my equipment...

We [the recruits] are stationed in a temporary camp in tents at Maccauley Point about one mile from Work Point Barracks, where the Royal Canadian Artillery headquarters are. They are



The following pages show sketches which Hughes did during his time at Fort Maccauley, Esquimalt, B.C. in the summer of 1939.



Detail of 'The Sergeant's Mess'

'The Sergeant's Mess' was the first of Hughes's wartime paintings to reach a popular audience, when it was published as a full-page full-colour reproduction in Canada's iconic *Maclean's* Magazine on December 1, 1940. This view of the war effort on the home front was entirely positive.



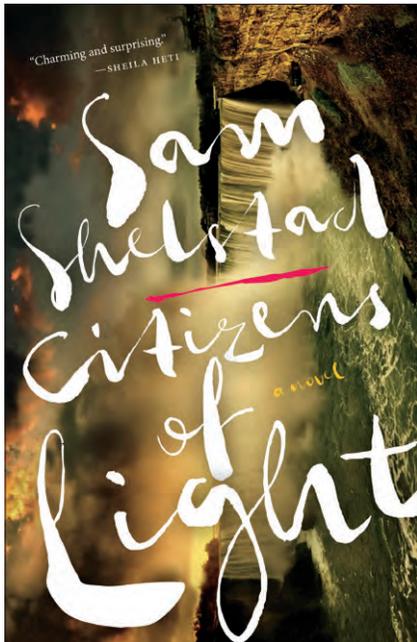
Facing page: *Camouflaging an Armoured Car* (Shell PWS), 01.24x • 30" (61.5 x 76.5 cm). CMA 8750228-2147
Above: Detail of *Camouflaging an Armoured Car*.

For Hughes the months of March and April of 1940 were highly productive. At first, he explored the lanes and villages of Sussex, a picturesque area which was also a key defensive position. The First Canadian Armoured Car Regiment of the Royal Canadian Dragoons was positioned in this landscape, ready to spring into action if Germans landed on the beaches or appeared in the skies above. The regiment was equipped with small armoured cars, each with a revolving gun turret and two Browning machine guns.

During the three weeks Hughes was with the Dragoons, he was based in Home. From there he travelled to the village of Billingsham, Devonport, Puffinburgh, Hovbam and Ditchling. At Ditchling he drew *Camouflaging an Armoured Car*, a memorable scene of the troops making camp in a Sussex wood. Some were digging a dirt trench and others were setting in the night, stringing up camouflage netting between the trees. In his painting, the sunset glows illuminates the gauzy material which veils the armoured car and its gun turret.

As the last rays of daylight catch the nets, vignettes of soldiers were painted in the shadows as they huddled in the light of a small fire. Hughes here conveys his feelings of army life: the comradeship of men at arms under unusual conditions.





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Citizens of Light

A Novel

Sam Shelstad

This debut novel set in southern Ontario captures call-centre life, faded tourist attractions, and suburbia with oddball wit and sharp realism.

"Sam Shelstad has a funny, lively, engaging, peculiar mind—charming and surprising." —Sheila Heti, author of *Pure Colour*

"A darkly comic and compelling story about a truly unique call centre warrior on a mission to solve the mystery of her husband's death. Trust me, you'll laugh, think, and keep turning the pages." —Terry Fallis, two-time winner of the Stephen Leacock Medal for Humour

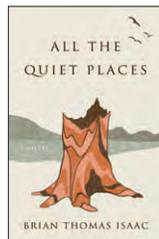
Colleen Weagle works in a call centre and lives in a bungalow with her mother in a quiet Toronto suburb. In her spare time she writes spec scripts and plays an online game set in a resort populated by reindeer. It's a typical life. Except three months ago Colleen's husband Leonard was found in a bog in the middle of the night, a two hours' drive from home. Dead.

With a flatly optimistic belief in the power of routine, Colleen has been soldiering on. But when a local news photo twigs her memory of a mystery attendee at Leonard's funeral she snaps into action. Accompanied by her ornery co-worker Patti, she heads to Niagara Falls on a quest to find the truth behind the death. Amid the slot machines and grubby hotels, the pair stumble into the darker underworld of a faded tourist trap.

Bleakly madcap, with deadpan dialogue, Shelstad's debut novel is a noir anti-thriller reminiscent of *Twin Peaks* and the work of Ottessa Moshfegh and early Kate Atkinson that reveals the undercurrents of melancholy and the truly bizarre that can run beneath even the most seemingly mild-mannered lives.

Sam Shelstad is the author of the story collection *Cop House* (Nightwood Editions, 2017). He is a regular contributor to McSweeney's Internet Tendency and his work has appeared in magazines including *The New Quarterly* and *Joyland*. He was longlisted for the CBC Short Story Prize, a runner up for the Thomas Morton Memorial Prize, and finalist for a National Magazine Award. Shelstad lives in Toronto.

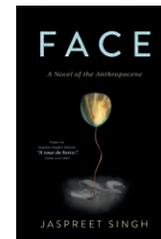
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Face
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I held my breath as we walked through the big glass doors to the casino. The man from Leonard's funeral could potentially be standing on the other side. Of course, the doors were transparent, so I knew he wasn't standing *right* there. Somewhere close by though. But the doors didn't lead right into the casino. We were in a kind of shopping mall atrium. High-end clothing shops, purses, diamonds. Somewhere to spend your winnings should you be impatient. A last-ditch effort by the casino to keep customers' money on the property. The real entrance to the casino was next to a watch store and the lineup to get inside was long—and getting longer.

Patti and I joined the queue. The line snaked around a curved wall, and when we reached the halfway point, I could see attendants checking IDs up ahead. We shuffled forward, slowly. My phone buzzed.

"I'll meet you inside," I told Patti, then stepped back out into the atrium.

"Colleen, this is Ken from the office. You're an hour late. What's going on?"

"Excuse me?"

"You're late. I'm looking at your chair right now. You're not in it. Last I checked, your chair won't complete surveys by itself. Are you on your way?"

"But I have the weekend off."

"You most certainly do not. I remember our conversation quite clearly. This is unacceptable behaviour. I'm looking at your empty chair right now. Chairs don't complete surveys."

"Patti told me she talked to you."

"Is Patti with you? I was going to call her next. This is ridiculous. We're down two diallers and Bank of America is starting tonight. How soon can you get here?"

I hung up.

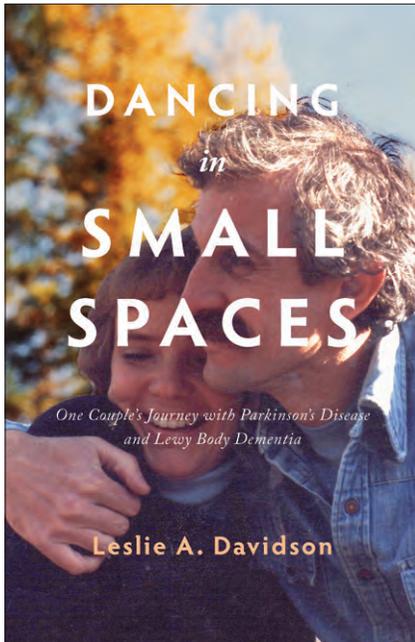
I rejoined the line for the casino. Patti was long gone. I couldn't believe it. She'd told me I had the weekend off.

I waited. A woman in a brown blazer glanced at my driver's license and waved me through.

My first time inside a real casino. I whispered "wow" slowly, like some moron. Like a rube. It was all so overwhelming. There were seemingly thousands of slot machines, stretching back farther than I could see. It was like a glitzy forest in a futuristic dream. The noise was instantly mesmerizing. All the machines chiming away. It sounded like millions of tiny harps talking to each other in heaven.

I could have stood there in wonderment for hours, but I had to find Patti. I walked down an aisle of tv show-themed slot machines—*Big Bang Theory*, *Sex and the City*—and kept watch for Patti and the man from the Metro.

—from *Citizens of Light*



Dancing in Small Spaces

One Couple's Journey with Parkinson's Disease and Lewy Body Dementia

Leslie A. Davidson

An unstintingly honest and surprisingly humorous memoir that charts a couple's parallel diagnoses of Parkinson's and Lewy body dementia.

In 2011, Leslie Davidson and her husband Lincoln Ford were enjoying retired life to the fullest as ardent outdoor enthusiasts, energetic travellers, and soon-to-be grandparents. But when Lincoln's confusion became a concern and Leslie began to experience a hesitant leg and uncontrollable tremors in one arm, a devastating double diagnosis completely changed their life.

In this personal and unstintingly honest memoir, Leslie recounts the years that follow the diagnoses—her Parkinson's and Lincoln's Lewy body dementia—charting physical changes, mastering medications (and sometimes flubbing it), the logistical puzzles of caregiving, and the steady support of their close-knit community in the small town of Grand Forks in south central British Columbia.

She describes her struggle to maintain perspective while questioning what having perspective even means, and the work of being an advocate while needing an advocate. And she explains how, amid all the challenges and tears, shared laughter remained all-important to their survival, especially in times when Lincoln saw her as an imposter. She shares powerful lessons in love, courage, and grace from the man who had always led the way and who, despite the ravages of his illness, in many ways, still did.

At once poignant and unflinchingly frank *Dancing in Small Spaces* is the story of a long and adventurous marriage, of deep gratitude, and, ultimately, of writing one's way toward understanding and acceptance.

Leslie A. Davidson is the author of two children's books, *In the Red Canoe* (Orca Books, 2016) and *The Sun is a Shine* (2021). Her essay "Adaptation" won the CBC Canada Writes Creative Non-fiction Prize and her work has been published in the *Globe and Mail*, *Viewpoints*, and *On the Move*. Davidson is a retired elementary school teacher, a mother, and grandmother. She lives in Revelstoke, BC. Visit her online at leslieadavidson.com.

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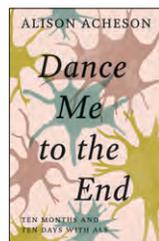
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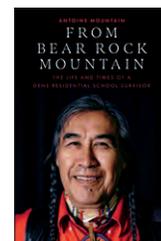
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The day before we leave for Costa Rica, I experience an uncontrollable tremor in my left arm as I am putting on my coat, a tremor that persists and increases in frequency throughout the month we are in Central America.

A pinched nerve, I tell myself. Something to do with my shoulder injury.

That's not all. I have been seeing a physiotherapist about severe pain in my right shoulder and mention to him that occasionally I feel as if my left leg is unresponsive, that I must consciously focus on it to get it moving properly. He watches me walk and sees nothing unusual in my gait.

"It looks good," he tells me, "but if it persists, come back and I'll do a thorough neuro workup."

I cling to "looks good" and put "neuro workup" out of my mind.

It isn't until we are in Costa Rica, that February of 2011, and I am unable to keep my flip-flop sandal on my left foot, that I allow myself to begin to consider that something more serious than a pinched nerve might be wrong with me. I test my left foot and hand, my left arm and leg. I can trigger the tremor by holding my arm out straight or doing up a zipper. My leg drags to the point of tripping me up if am tired and forget to make it "walk properly." If I stand on tiptoe, my left heel sinks immediately to the ground. If I stand on my heels, my right-foot toes remain up, pointing skyward, while the left ones drop quickly.

Lincoln takes a zip-lining excursion through the Costa Rican jungle, but I am now on a waiting list for shoulder surgery and choose a rainforest canopy walk as a safer option. When we meet up after our separate adventures, he is upset.

"I couldn't figure it out," he tells me. "I had to go tandem with one of the guides!"

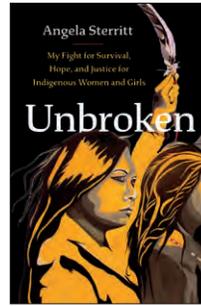
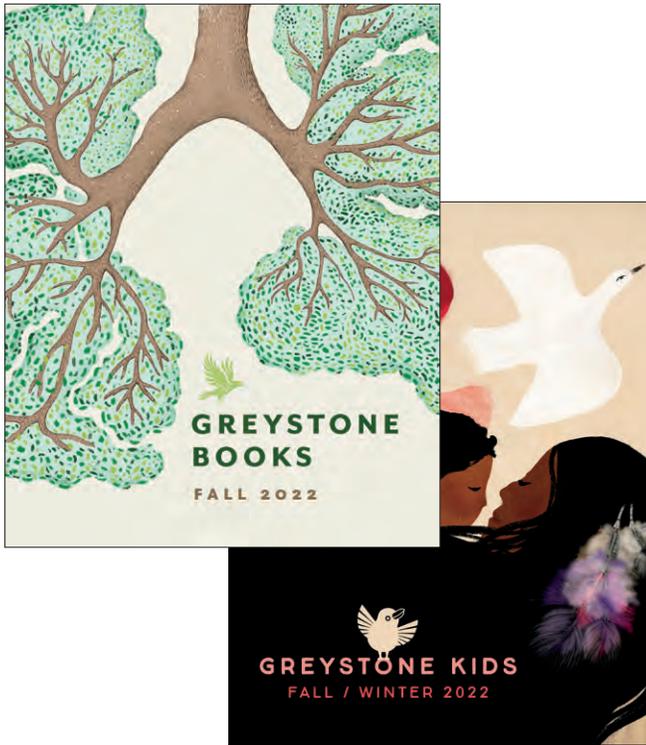
I am, at first, shocked and dismayed. He is a rock climber, used to ropes and unafraid of heights, and has always been physically coordinated and quick to learn, with extraordinary stamina and balance. Then I begin to rationalize his experience.

"You're left-handed," I remind him. "And you don't speak any Spanish. And you're deaf in one ear. Anyone would find it tricky!"

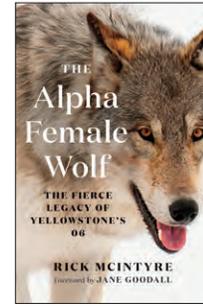
What does my cheerfulness cost him? Does it hurt? Is it reassuring? I don't know. I wonder if my unwillingness to see his struggles is the result of my fears about my own health.

Between us we have an accumulation of changes, many small, some large, but we are both still very much ourselves, content with each other and the good fortune of our lives, getting older but not yet old. It is easier to pretend all is well in our world because, really, it is. Some of the time. Enough of the time.

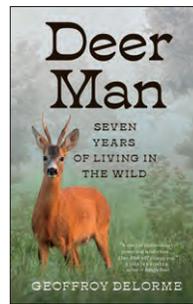
—From *Dancing in Small Spaces*



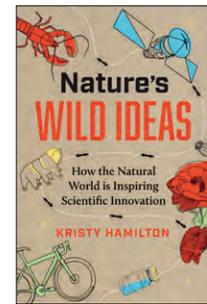
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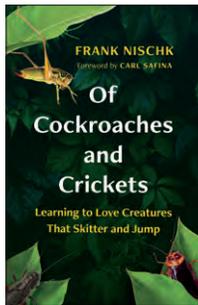


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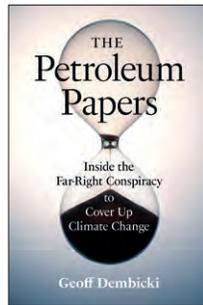


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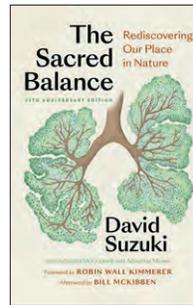
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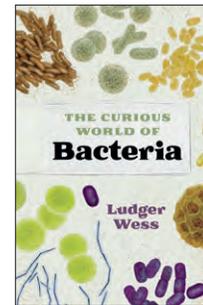
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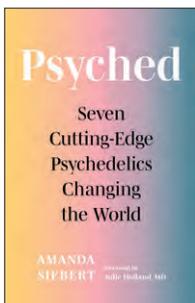
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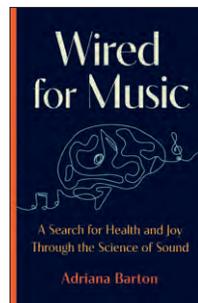
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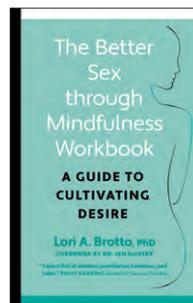
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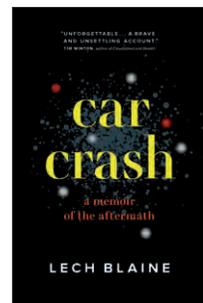
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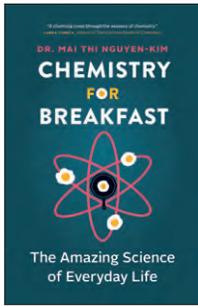
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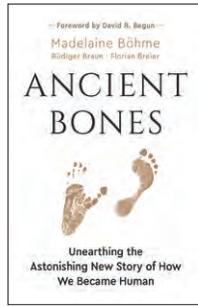
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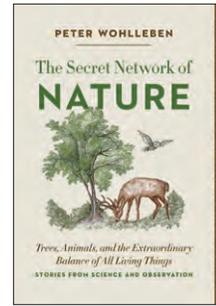
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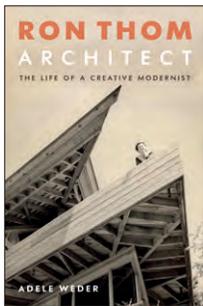
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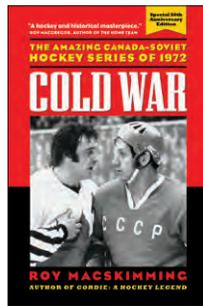
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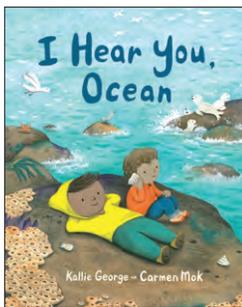
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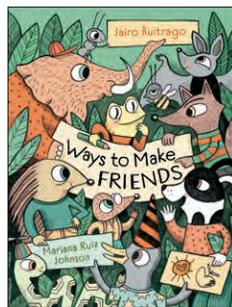
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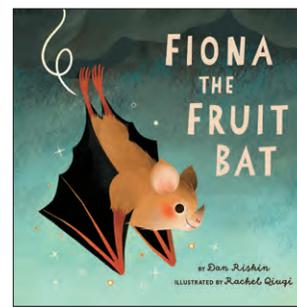
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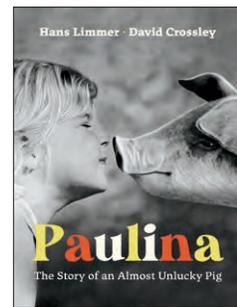
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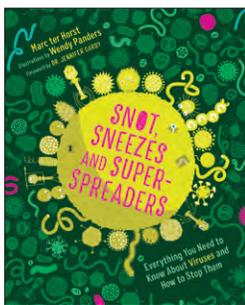
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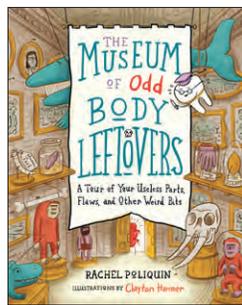
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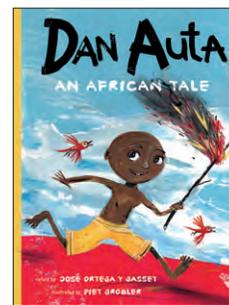
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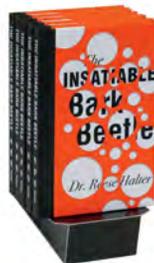
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